

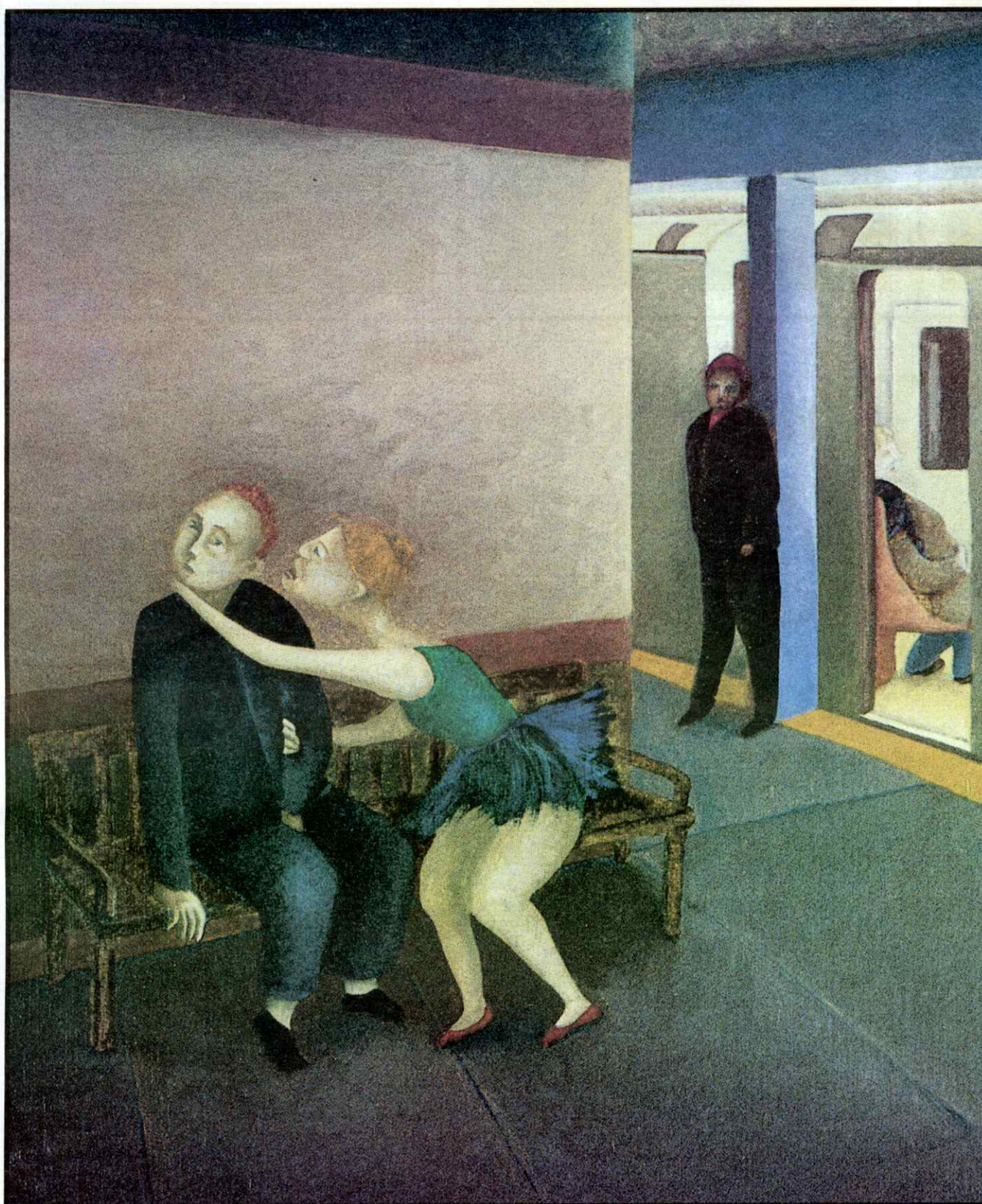
VALLEY Optimist MAGAZINE

FREE

VOLUME 3 • NUMBER 24

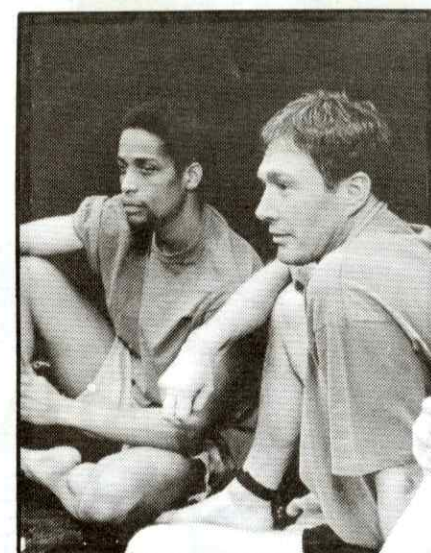
FEBRUARY 8

FEBRUARY 21



9 BIG LITTLE BUSINESS

It all started with *sofrito*. The story of how one Springfield woman used a simple Latino condiment to go from welfare recipient to manager of a half-million-dollar-a-year business.



30 DUNGEONS AND DIGNITY

Three hostages struggle in a Lebanon cellar in Stage-West's production of Frank McGuinness' *Someone Who'll Watch Over Me*.

CALENDAR PICKS



WARREN ZEVON, "America's most loved and feared rebel-iconoclast-buffoon," invades Northampton's Pearl Street on Thurs-day, February 9, with Ray Mason solo at 8:30 p.m.

FRIDAY FEBRUARY 10

Johnny Hoy and the Bluefish swim through a fine set of blues for their first Western Massachusetts appearance at Theodores' in Springfield.

MONDAY FEBRUARY 13

Marshall Crenshaw had a hit with "Someday, Someway," played Buddy Holly in *La Bamba*, and now he returns to the Iron Horse in Northampton at 7 p.m.

WEDNESDAY FEBRUARY 15

Liz Story brings her classical and jazz-influenced piano stylings to the Iron Horse in Northampton at 7 p.m.

THURSDAY FEBRUARY 16

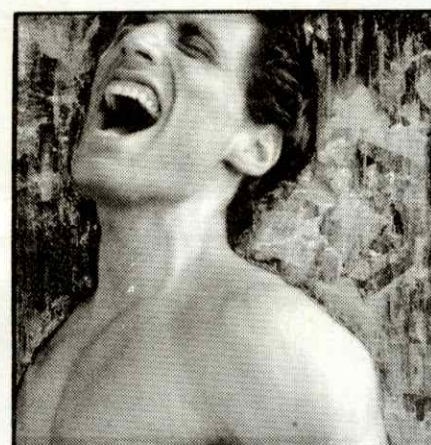
Letters To Cleo rock alternatively at Pearl Street in Northampton with Gigolo Aunts and the Gravel Pit at 8:30 p.m.

SATURDAY FEBRUARY 18

Eric Weld performs jazz at the Hotel Northampton from 8 p.m. – midnight. No cover!

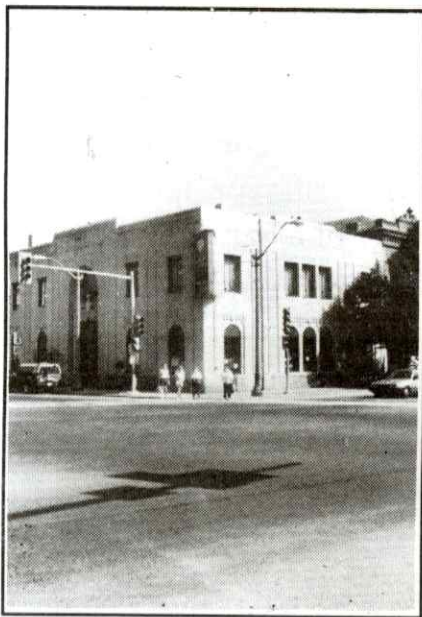
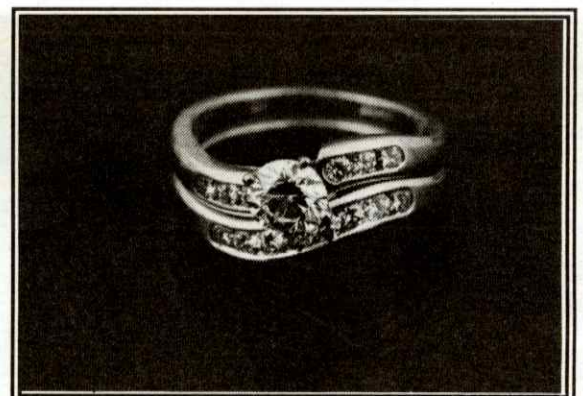
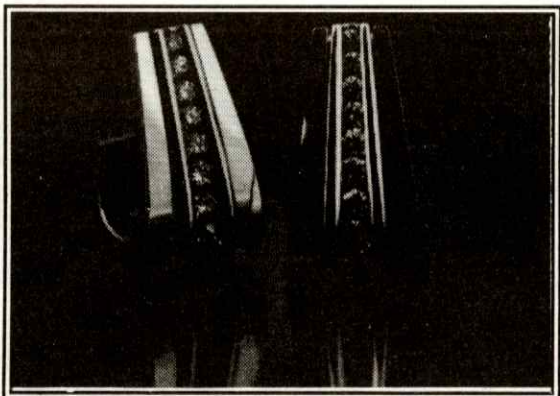
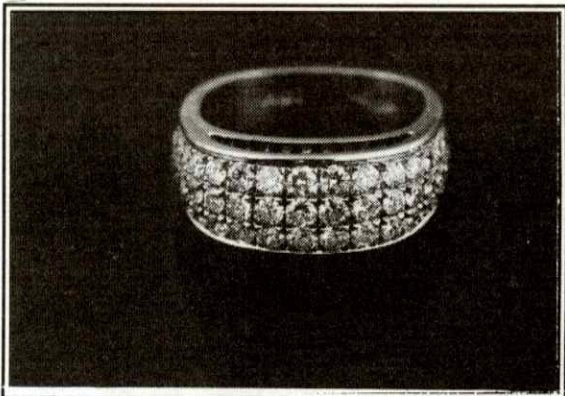
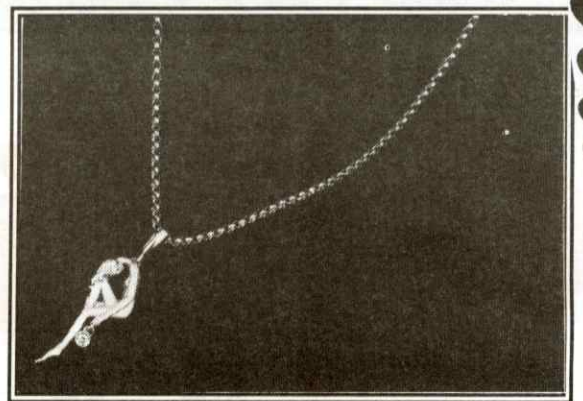
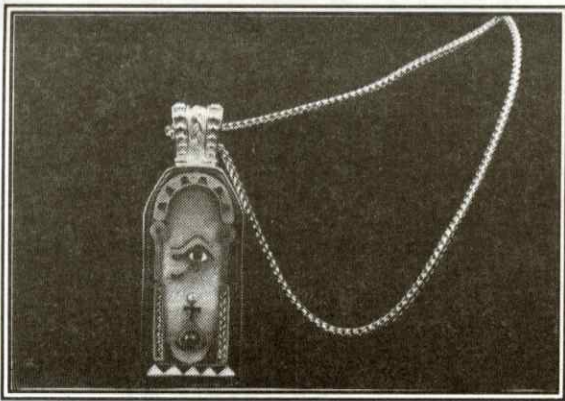
SUNDAY FEBRUARY 19

Cocktail and the Bamboo Steamers play a double-bill at the Northampton Brewery from 10 p.m. – 12:30 a.m.



19 MAKIN' SOME NOISE

It's not just for construction sites anymore: noise is the new musical underground, quietly staying out of the mainstream with ear-splitting ease.

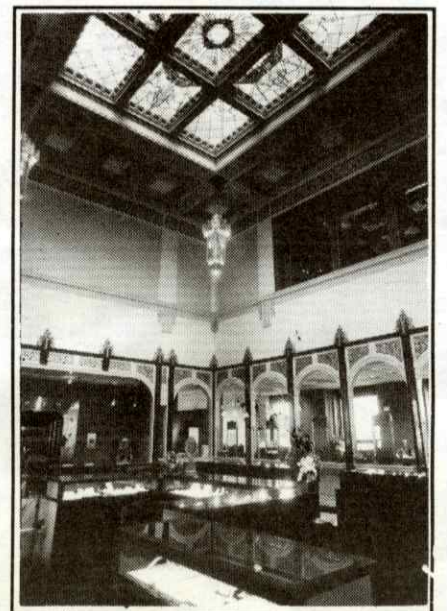


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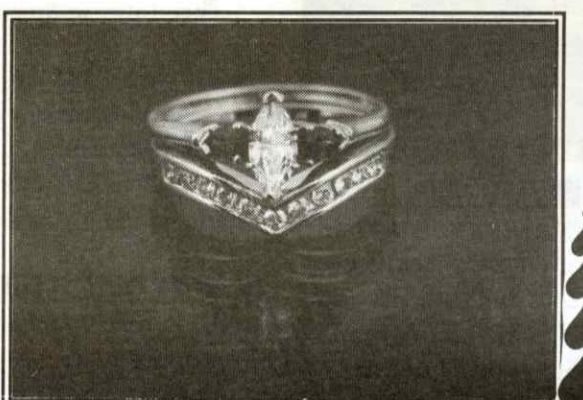
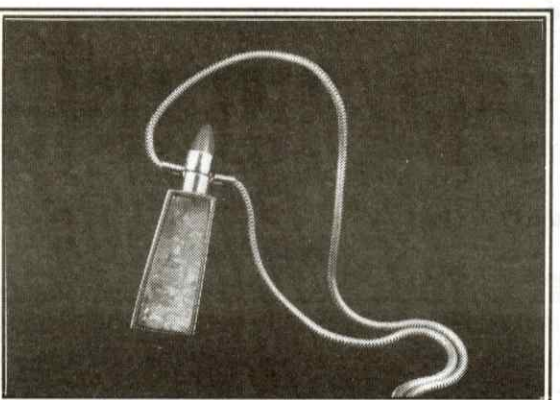
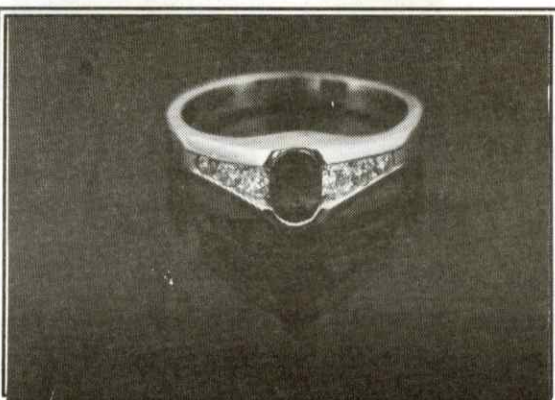
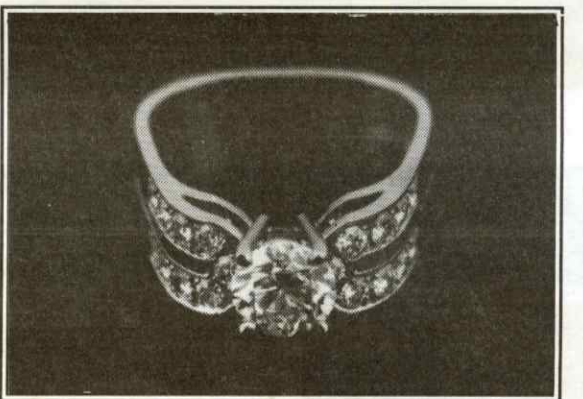
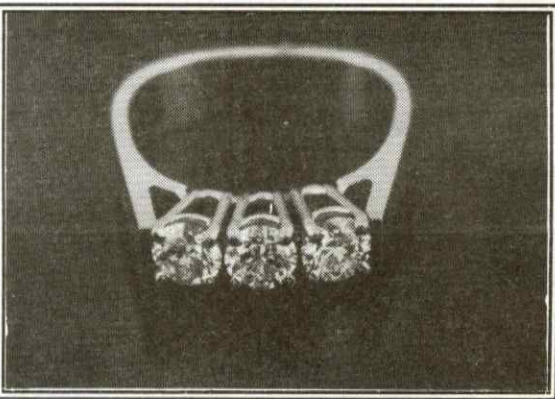
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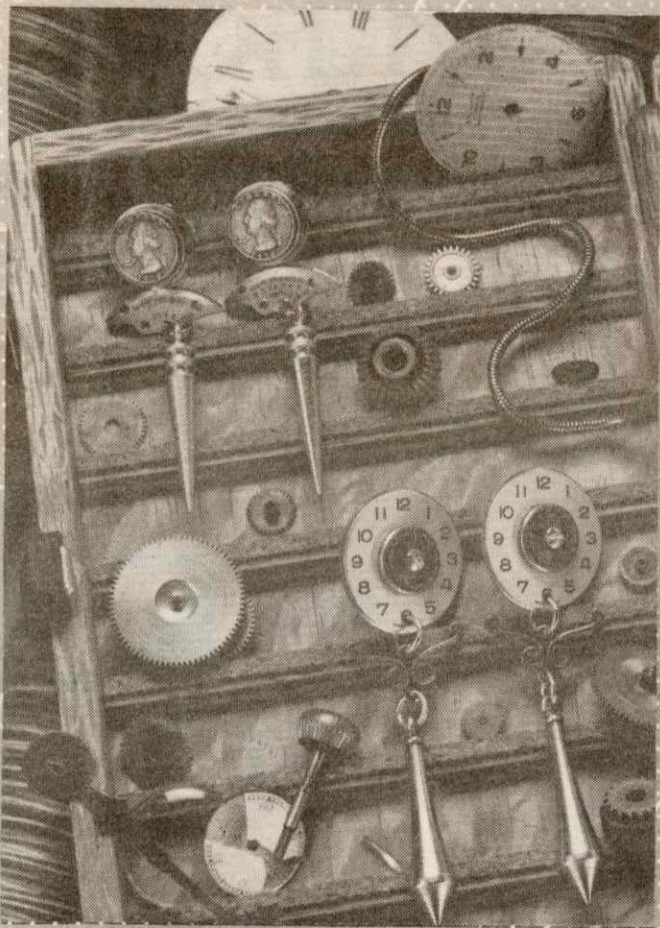
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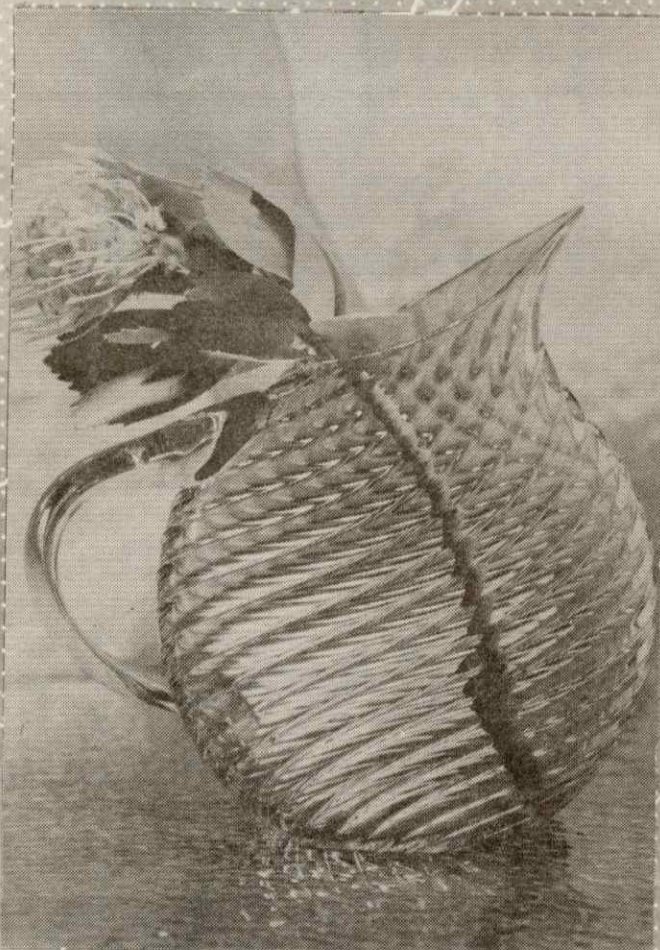
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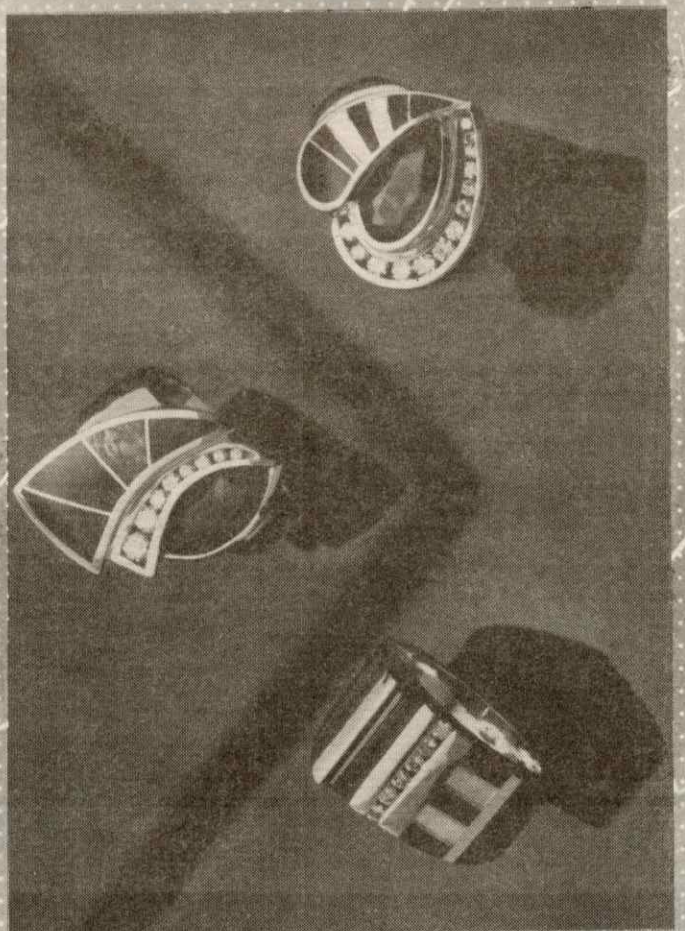
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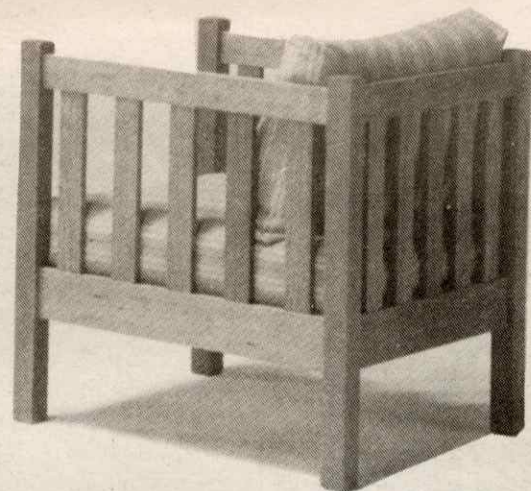
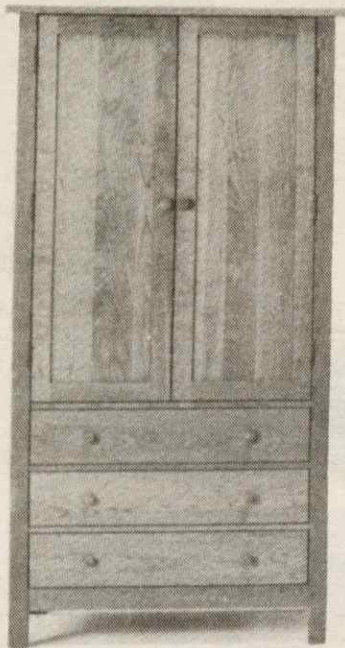
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Big Little Business

photo by Andrea Burns

Makin' Some Noise

photo art by Amber Daivs

Dungeons & Dignity

On Our Cover

On Our Cover

"Study for haunted city" by Caroline Jennings. Oil stick on canvas. Jennings's artwork will be on display at the Northampton Center For The Arts in August

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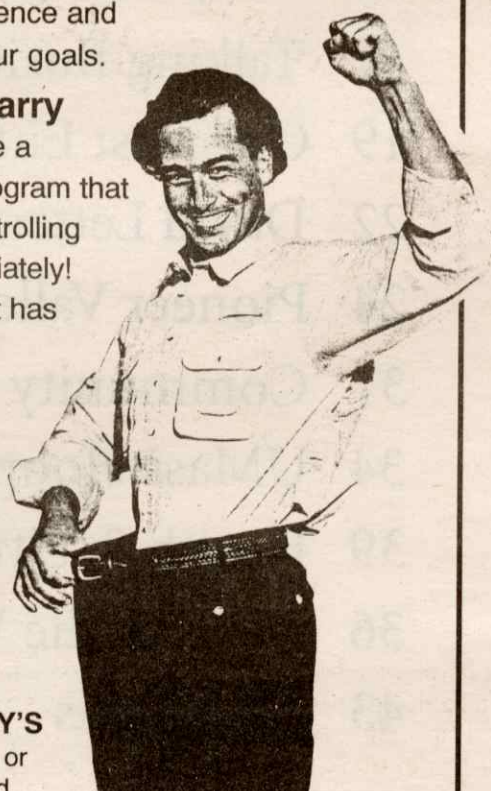


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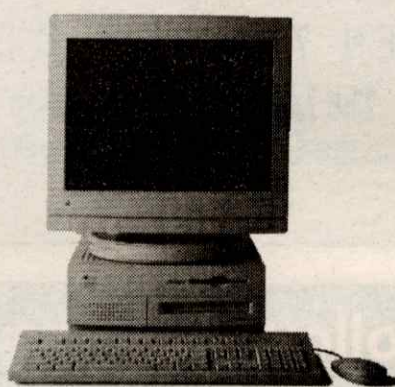
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A Sofrito Story

Maria Cardona's journey from welfare to business success

by Helen Reilly

Maria Cardona points to a picture on the wall of a boys' baseball team, the Coamos. Her youngest son, Edgar Lopez, plays outfield. She bought their uniforms, Cardona tells us in Spanish. Cardona used to play a mean game of softball herself, but she doesn't have time anymore. Four years ago, Maria Cardona was on welfare. Last year, her business garnered sales of around \$400,000.

Maria's Puerto Rican Products is found near the end of a long row of small warehouse businesses on Avocado Street, an industrial park in Springfield's north end. About a dozen semis are backed up to the concrete loading platform that embanks the various stores. The garage door of number 129 — Cardona's shop — is painted bright blue. Upon entering, the sharp scent of onion and cilantro accosts the nose. The source of the smell is a chest-high mixing machine inside a little glassed-in room where *sofrito*, a condiment used in many Puerto Rican dishes, is being prepared. The mixture of garlic, sweet chili peppers, bell peppers, onion, cilantro, oil, and salt, produces a complex flavor — at once bitter, hot, cool, sweet, and pungent. It is a flavor Cardona knew would be in great demand among the area's large Latino communities, when she started her business in 1991.

Cardona and co-owner Hector Ortiz lead us upstairs to a small office overlooking the high-ceilinged rooms used for packaging and storage below. Ortiz motions us to sit down, and the four of us take our places around a desk. We are frequently interrupted by phone calls and voices on the intercom demanding Cardona's attention, as she takes time away from her buzzing shop to tell us how it all began. My friend has come along to interpret, since Cardona and I are equally at sea in each other's languages.

HIGH HOPES, DISAPPOINTMENT

In 1983, Cardona came to the United States with her three sons, then aged ten, six, and three months old, joining family members already living in Springfield. A former textile worker, Cardona hoped for better opportunities here than she had found in her economically stricken homeland of Puerto Rico. But they proved elusive. "From a very young age I learned that I needed to work. So when I arrived, I tried to find work, but it was very hard," says Cardona. "I didn't finish my education, so I looked for what I could find — machine work, other things." Affording childcare was a formidable problem. "When you're operating a machine, they don't pay you very well. Nobody wants to take care of your kids for 50 to 75 pesos — and I have three kids." Like so many, Cardona found herself turning to welfare. "I was okay because there are programs here that rapidly help you out, but I didn't come here with that idea."

She remained on welfare for about six years. "It certainly affected my self-esteem," she says. "In Puerto Rico, I always had good credit. Where I wanted to go, I could go." She remembers having to go without many simple things most people take for granted. "When you're on welfare they give you enough for milk, but they certainly don't give you anything for other things. The kids were always asking to go to McDonald's and I'd have to tell them no, we'd have to wait until we'd get more money. [At Christmas] I had to go to this program where they give out toys for kids. [At Thanksgiving] I went there to get a turkey. Thank God, now I don't need that. In fact, maybe I owe that to someone else."

As a business owner, she now often encounters people in her former predicament. "People come here to look for work, and I have to tell them we pay the minimum rate. And they say to me, 'This is not enough — and the worst part is, they'll take away my medical.' So they think about what they lose when they get a job. I really feel bad for people in [that] situation, because even though someone has the desire to work, it's very difficult."

Ortiz joins in. "My personal opinion is that welfare is like a trap. If you leave welfare, you're never going to find health insurance as good as Medicaid — and if you have a family, you need some kind of safety. I don't know why the Congress doesn't think of that — let people work, but let those who need it keep Medicaid."



Andrea Burns

"I'd really like to send the message that it's possible. Whatever you want to do you can."

Still, Cardona says, being on welfare "definitely did not hurt me. To the contrary, it really helped. If this system did not exist, you could not imagine how we would suffer." She thinks ideally there should be temporary assistance for new immigrants needing help in attaining self-sufficiency. "After that time, hopefully you can develop some skills of your own, and leave that money for somebody new who is coming. There are people who have skills who could begin their own business or do things," but they don't know how to get started, says Cardona. "I'd really like to send the message that it's possible. Whatever you want to do you can."

AN IRON WILL, HELPING HANDS

Perhaps nothing is impossible, but Cardona's journey from poverty to prosperity has demanded far more than the modest term "developing skills" would imply. It has been the result of careful, deliberate steps, substantial support from family and community, and a relentless

sofrito instead of rice," jokes Cardona.

Maria recalls her initial inspiration to market sofrito. "I thought, well, there is a large Hispanic population, everyone likes Hispanic food, everyone knows how delicious sofrito is, so I thought, 'This is a way to make money.'" With a hundred dollars she had saved, she bought the needed ingredients and containers. "I made a huge pot of sofrito. My grandmother packed it up." This first batch filled 344 one-pound containers, which she sold to family and friends for \$1.50 each. "Some of the stores were afraid it was illegal and they didn't buy it, because I didn't have a license. But everyone has to start somehow."

Money earned from these sales gave her the \$75 needed for a license. Some friends who were using the space in which Maria's now resides let her rent a portion of it — the little room with the mixer — for \$150 a month. An aunt lent her money to purchase a refrigerator. The business quickly grew. Requiring more space, Cardona and Ortiz paid their friends to give up the rest

more government requirements, such as including a UPC code and "Nutrition Facts" on packaging. "We try to do everything by the book," says Ortiz. He says they learned about business laws and requirements as they went along. "First step, we went to City Hall. They said, 'Go to the Health Department,'" and so on.

Convincing stores to sell sofrito, says Maria, was not easy. "There was competition, and there still is. As soon as I finished [making the sofrito], I got onto the bus. I waited for Hector to finish his job at school, and we'd go to Hartford. One time I arrived at a store — I'm not going to say the name — and offered my product to them. [The boss said] 'A lot of people have tried this, and they haven't succeeded. I'm not going to buy from you, because you'll just lose it.' There were already some sofritos on the market, and he said, 'Look, you shouldn't really be competing with them.' I said that I didn't come to ruin anybody else's business. I came to make a little money. So actually, he ended up with the product, but also

the business was doing okay, I said, 'I'm ready to go off.'" Still, success was not so immediate. "I had to suffer through three years of cold winters. I would deliver the sofrito myself. I would get on the bus to make the deliveries. I've really worked hard to get this. It was about one woman doing whatever she could." In the early days, that meant non-stop labor, handling every aspect of the business personally. A long day spent preparing sofrito was often just a prelude to a night of tacking other duties. "I would be here all day, then go home. I would bathe, but I wouldn't even have time to eat. Then Hector and I would go to New York to get materials. We would leave at 8:00 at night, and stay up all night, because [the markets] would open very early in the morning. Sometimes it was just me and all these men. Maybe I should have been sleeping, but this didn't stop me. After we had bought everything in quantity, we would come back. I might be back here at seven in the morning, and I'd take a bath, go back to work, and Hector would go back to work

"I might have fallen carrying this box of deliveries, but I got up and I kept walking. Some people might have laughed at me when they saw me in the beginning, but maybe they just didn't know where I was going."

work ethic not for the faint of heart. Instrumental in helping Cardona realize her dream has been her friend and partner, Hector Ortiz. The two met six years ago when Ortiz was working at the school Cardona's children attended. He now works at the Arena school in Springfield. Wedding plans are somewhere in their future. "The blessing will be to throw

of the shop on Avocado Street. In 1993, two loans, totalling \$25,000, from the City of Springfield and Brightwood Development Corporation, an agency that helps start-up businesses in the neighborhood, gave them funds for a walk-in freezer, a larger grinding machine, a computer, and some office equipment. As they've expanded, they've had to meet more and

maybe a little bit disgusted. I went back there every week and he would buy a little bit." She adds, "I'm about to go back and visit this man, because if I had listened to what he said, I wouldn't be where I am right now."

Four months after starting her business, Cardona was off welfare, though she was still eligible for benefits. "As soon as I saw

at school. Without eating, without sleeping. This went on for about a year." By this time, her two older sons could take care of themselves. An aunt looked after the youngest.

In this first year, 35 to 40 stores carried Maria's sofrito. By the next year, her business had doubled, with sales of \$150,000, doubling again in 1993 to \$303,000. Last

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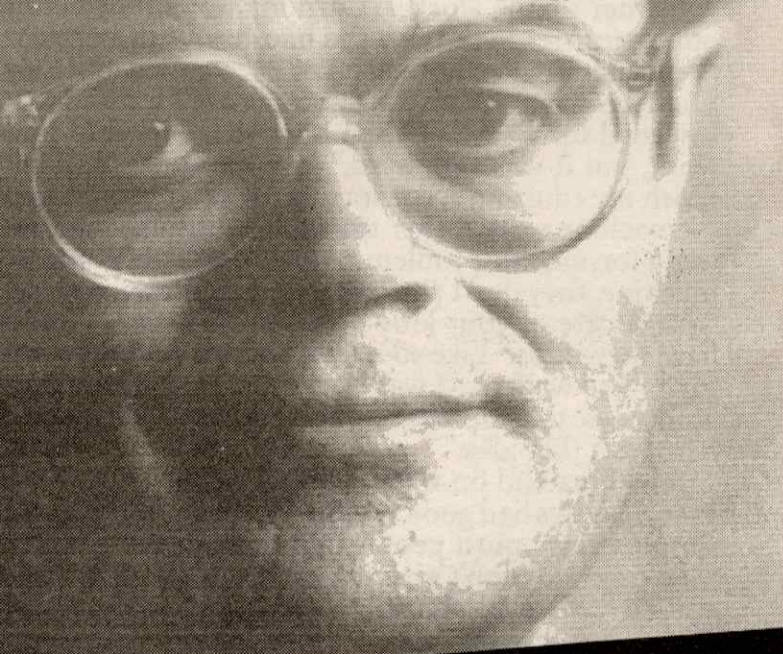
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year's sales are estimated at \$400,000, and Cardona guesses that 300 to 400 stores carry her products. Distributors and two salespeople now handle the bulk of this aspect of the business, and Cardona orders supplies over the phone. One of her six current employees is her son Alex Lopez, now 18. Her oldest son, Felix, will join the team in the spring, when the business expands again.

NO LIMITARSE

At every stage of the business, Cardona has found the help of family and friends invaluable. In the beginning, she says, "They would help by working and they wouldn't charge anything. They would say 'Go! Go! You're doing well!' That was probably the most important kind of support I got. They were always positive. Nobody ever said 'you can't do this.'"

Obvious emotion fills her eyes. "I'm kind of sentimental, thinking about all the hard work I've put into this," she says. "I might have fallen carrying this box of deliveries, but I got up and I kept walking. Some people might have laughed at me when they saw me in the beginning, but maybe they just didn't know where I was going."

"I could have chosen a lot of other paths, like taking drugs or drinking, but my kids were always there, and that was part of my motivation. And I had a background, a good foundation as a person, not to go in the the wrong direction. I've always been a very sane woman, without rum or tobacco."

"Another thing that makes me feel good is that there have been different newspapers that have come here, representing [various Hispanic communities]. So often it is bad news, and I feel good that the articles that come out about me is a way to

feel good about the community."

"A lot of people have come here for advice. They see that I have done well, and say, 'What did you do? How did you do it?' I try to tell them exactly what steps I have taken. The most important thing is to be *contante* [firm], *no limitarse* [to not limit yourself]. I give them this perfect example. 'Tu sabes Ingles. Yo no se.' [You know English. I don't know it.] And they can develop themselves probably better than I. But I never saw this as an obstacle for myself. If I can't do it myself, I look for someone who can help me. You can always find support. Many businessmen come here looking for me, and they look at me and say, 'Where's Maria?' And I say, 'hold on a minute' in Spanish, and I go and look for someone who can translate for me. That's how a lot of people have gotten to know me." She adds, "The important thing is, you have to want it."

As business grew, Maria's added other products to its line. Says Cardona, "It started off with my sofrito, and then a couple of people in the neighborhood said, 'we would really like to see Titan products here.' So I started importing them." Titan makes several varieties of stuffed pastries, called *empanadillas*. She also imports three kinds of sausages and guava juice concentrate. Says Cardona, "Some of these [items] had been on the market for a while, but not in the way Puerto Ricans like to eat them, not with the same taste."

Maria's soon will be changing its line again, offering its own versions of many of the products it now imports, including *empanadillas*. "We're realizing if we could produce them here, it would be much cheaper and much better quality," says Cardona. To accomplish this, they have imported yet another important ingredi-

ent — Miguel Cortes, an award-winning cook with thirty years experience. Cortes says he taught Titan how to make their *empanadillas*. He arrived here this fall from Puerto Rico. "For me it was a real challenge, because I'm retired now," says Cortes. "I came because she needed me." Cortes also has two children attending school in the U.S. who encouraged him to come.

"The team is really me and him," says Cardona, the creative force behind the business. Their *empanadillas* will have fillings of meat, pizza, chicken, broccoli and cheese, guava, and apple, and they will continue to offer blood sausage, or *morcillo*, *chorizo* [a spicy sausage] and long sausage, or *longaniza*. ("If someone talks too long, in Puerto Rico we call them a 'long sausage,'" says Cortes.) They also will introduce a popular dish made with plantains, known as *arcapurria*.

Cortes will work under a new subsidiary, Tropical Foods Inc., which will be run by Jose Fernandes and Victor Vargas, two new partners, who recently bought two-thirds of the business for \$50,000. Maria's Puerto Rican Products and Tropical Foods will serve as anchor stores in a new mall being built on Main Street in Springfield's north end, which will house Latino-owned businesses. Scheduled to open in April, this *plaza mercado* is the longtime dream of Herbierto Flores, president of Brightwood Development Corporation. Already all the spaces in the plaza are full, says Cardona. "I think it's going to be a great success, because people are waiting for this. When they [first] started talking about it, people never thought that it would happen. It's going to mean jobs for a lot of people. People have gotten involved, they're feeling enthusiastic about it."

With 53.5 percent of Springfield's Latino population living below the poverty level, according to a recent article in the *Boston Globe*, this development offers much-needed hope. Says Cardona, "I was talking to a young boy in the neighborhood, and he said, 'Doña Maria, is there any work for me? He'd been going around, and there aren't really a whole lot of places for him to work, so for him it might look like the gangs, the street, is the best way to survive. You know, that's not everybody, that's not every kid. But that's the way some people's heads function.'"

Cardona brightens as a young man enters the office. She introduces us to her son, Alex. "Three weeks ago I was eating in a restaurant," Says Cardona. "Some friends of mine said, 'Maria, como esta?' I said, 'You know, I got the grand lottery, the jackpot.' Everybody stopped eating and said, 'Why?' And I said, 'Because I have my son working beside me. So at eighteen, he knows what his mom is doing for him. It's so important to me to be able to give a good example to him, of working, and responsibility.'"

"With my son, there was a time I was really afraid. He was going out and spending a lot of time with his friends. You know what kinds of things can happen, so that's why it means so much to me. Now he is also changing."

"There are so many things in my head that I know could make money and work for other people," she adds. Along with other plans for the future, Cardona wants to buy a house. "I don't have enough money to do that, but I know the future is going to be good to me."

The statements of Maria Cardona and Miguel Cortes were translated by Liz Miller.★

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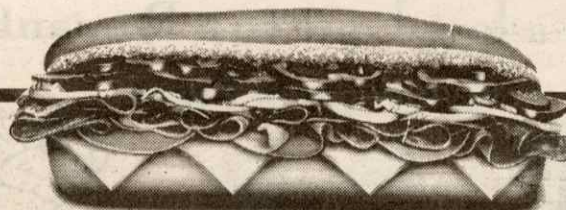
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Heading North

Letter to the Editor

Jan. 20, 1995

Dear Editor, *The Valley Optimist*:

There has been much dispute and controversy over the past few months regarding the restaurant smoking ban instituted by the Northampton Board of Health. No one disputes the ill effects of cigarette smoke; we are not attempting to deny those facts. What we are writing about is the immediate effect of the smoking ban upon our place of employment, North Star Seafood/Bar.

On Sunday, Jan. 22, 1995, the North Star closes its restaurant after seven years under the current ownership. While the bar will remain open, fifteen people will be put out of work. A very lucky minority will remain employed. A restaurant which has weathered the recession of the late '80s and early '90s, which has won *Advocate* "Best of the Valley" awards year after year, will be forced to close. And why?

Why indeed? Throughout the early fall of 1994, sales were up over the year previous. However, since November 1, the day the smoking ban went into effect, sales have been down approximately one-third from the year previous. The numbers are shocking and the reason is obvious: the smoking ban has affected business adversely. As a result, fifteen people will be unemployed. We are not part of a statistical average. We are a family of workers that has developed and grown over time, and in a half-hour staff meeting we have learned that a place that we have considered a home — some of us for a few months, some of us for many years — has been taken away from us forever.

The Board of Health's two main reasons for instituting the smoking ban in restaurants are the health risk to patrons and the health risk to employees. These risks can

not be denied. What the Board of Health has failed to ask itself is whose health is being protected when there are no customers and the staff has been sent to collect unemployment. We are intelligent and educated people who know the risks of cigarette smoke, yet we chose to work at the

Is the closing down of a long-standing Northampton restaurant part of the city government's vision of economic growth?

North Star rather than one of the local nonsmoking restaurants. Now we no longer have that choice.

In closing, we find it highly ironic that this letter is being written the day after

Mayor Ford's "State of the City Address," in which one of her main topics was the necessity of economic growth and the rate of job creation in Northampton. Is the closing down of a long-standing Northampton restaurant part of the city government's vision of economic growth? Does the Board of Health consider the unemployment of Northampton residents as beneficial to the public health? As the first, and we sincerely hope the last, casualties of the smoking ban, we would like to believe that the answer to those questions is "No."

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Selling the Valley

Locally-funded grants promote tourism

by Alice Hicks

Eating chocolate and kielbasa, riding motorbikes, learning about Irish folklore, and playing volleyball. They may not sound like major sources of revenue, but when they're combined, these activities will take in thousands, possibly millions, of dollars for the Pioneer Valley in 1995.

The Valley will see tourists spend an estimated \$275 million in its shops, restaurants, and lodging facilities this year, according to United States Travel Data Center. Ongoing local attractions, however, aren't all Western Mass has to offer its visitors. The Chocolate Lover's Festival, the World Kielbasa Festival, AMA Pro Motorcross Championship races, a performance of the National Folk Theatre of Ireland, and a centennial celebration of volleyball — founded in Holyoke — are all slated for '95 and expected to draw thousands. Thanks to the Greater Springfield Convention and Visitors Bureau (GSCVB), these events will be well publicized. The bureau has awarded fifteen organizations small grants to promote events and projects that will encourage tourism, thereby stimulating local economy. Each organization will then contribute two dollars for every dollar granted them in order to fully fund the projects.

How will the money be spent? The Fireball Club, a grant recipient, has received funds to promote the World Kielbasa Festival; Cuisine Arts Production will spend its grant promoting the 1995 Chocolate Lovers' Festival; and Motorcross 338 will be promoting the AMA Pro Motorcross Championships.

The grants were made financially possible by the Massachusetts Office of Travel and Tourism, a division of the Massachusetts Executive Office of Economic Affairs, which has funded the tourism grants in the Valley for three years now.

"The continuation of the variety of projects by our members will lead to a stronger identification of the Pioneer Valley by visitors and the variety of its attractions, dining, and lodging accommodations," said Jack O'Neill, executive director of the GSCVB.

Some organizations, such as the Memorial Hall Museum, have used their grant to enhance already existing promotional programs. According to Executive Director Tim Neumann, the museum is spending \$3,700 in addition to the grant to reprint brochures that were originally put together and funded by the GSCVB two years ago. Neumann believes that this promotion, created in conjunction with Historic Deerfield, Inc., has been effective, resulting in an increase in travel and tourists from brochure distribution areas near Boston and in the Berkshires. After all, notes Neumann, "These areas are close enough to drive over [to Deerfield]." Neumann said the brochure interests tourists by describing the aesthetic appeal, historical significance, and old-town charm of Deerfield.

"It talks about the beauty of the area — the historical inn, shopping — things that would encourage people to head this direction," Neumann said.

The Northampton Chamber of Commerce is using similar tactics on a grander scale to attract visitors to the Valley. Their billboard campaign is designed to reinforce an advertising program the Chamber has been promoting in the Hartford, Worcester, Berkshire County, and Brattleboro areas, said Executive Director Suzanne Beck.

The Chamber is also repeating a successful formula with their newest tourism project — a GSCVB grant financed the Chamber's billboard in Hartford two years ago. This year, the billboards will be off I-91 in Hartford, as well as at exit 19 off 91 South outside Northampton — the first time the Northampton Chamber will actually have a billboard in Northampton. Beck said their strategy in the placement of the billboards is to target travelers on their way to the New York metro area, and to the ski resorts in Vermont. "Travelers will get the same message twice," said Beck.

However, Beck said it is important to keep the big picture in mind. "These billboards are not alone. They are part of a print [advertising] campaign that has been growing for over three years."

Like Neumann, Beck has noticed an rising number of visitors to the Valley, especially Northampton. "There has been a noticeable increase in activity downtown, but whether you can attribute that to our campaign or not, I don't know," Beck said.

Neumann and Beck confirm that they would not have been able to afford these promotional projects without the help of the GSCVB. Organizations such as the Memorial Hall Museum and the area chambers of commerce depend on financial support from the community in order to help encourage the local economy's growth.

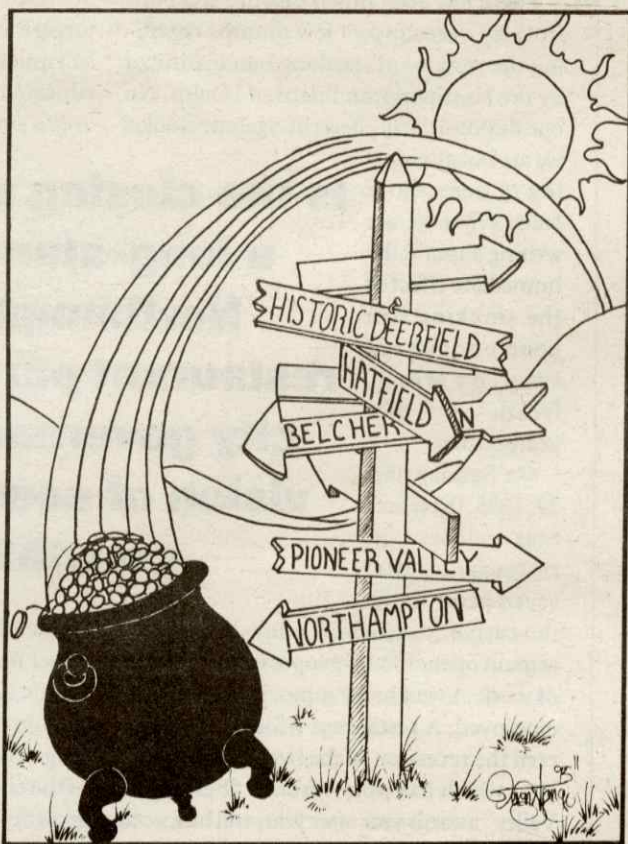
"Billboard advertising is very expensive. We wouldn't have been able to do it without a grant," Beck said. "Because of the nature of Northampton — a conglomerate of small businesses — we don't have

one big advertiser who can [finance] it on their own."

The Chamber's billboard campaign is being subsidized by the Downtown Business Division of the Chamber, which is an organization of businesses that strives to encourage Northampton's tourism economy.

"Our sponsors are underwriting our campaign to make billboards more affordable for advertisers," Beck said, adding that without such support similar projects are usually

continued on page 45



Steve Arango

GSCVB Grant Recipients

- Volleyball Hall of Fame, volleyball centennial promotion, \$20,000
- The Greater Northampton Chamber of Commerce, two billboards on I-91, \$10,000
- Springfield Central, Inc., sign system, \$10,000
- Greater Holyoke, Inc., Holyoke Marketing Campaign, \$10,000
- The Fireball Club, promotion of World Kielbasa Festival, \$5,000
- Spirit of Springfield, First Night: Springfield, \$4800
- Special Events Management, promotion of Umoja Festival, \$4500
- Historic Deerfield, I-91 billboard, \$4,000
- Cuisine Arts Productions, promotion of 1995 Chocolate Lover's Festival, \$4000
- Springfield Civic Center, promotion of the National Folk Theatre of Ireland performance, \$3300
- Motorcross 338, promotion of AMA Pro Motorcross Championships, \$2500
- Springfield Library & Museums Association, visitor attraction promotion (advertising), \$2500
- Memorial Hall Museum, reprinting of Old Deerfield promotional brochure, \$1700
- Springfield Parking Authority, parking brochure, \$800
- Eastern States Exposition (Big E), promotion of the ACC Craft Fair

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GOOD NEWS TRAVELS FAST



Red Hearts, Red Wine, Warm Hearths

I like winter because it gives me an opportunity to drink red wine in a setting that becomes a great frame for any gustatory activity. Hearty food, roasted beast and cooked root vegetables, steam mixed with a thick aroma of spice and garden herbs... it makes one glad to be alive, even if life requires a good shelter and a warm hearth to exist.

New England can be rough this time of year — cold and dreary, somber and reserved. Many take this time to escape to the south and enjoy a few weeks of warm sun and beach sand, while others mark days off the calendar until April like prisoners doing time. This winter has been mild, an apology for last year's horrors.

Winter is the time to enjoy the contrasts that make this area so interesting and charming in the first place. Nothing beats a walk with friends down a country road, dressed for the cold and belly full good food and drink. Nothing can be more romantic this Valentine's Day than a couple at a small wooden candlelit table, sharing a meal and toasting a glass of red to their future. To quote William Butler Yeats:

"Wine comes in at the mouth
And love comes in at the eye;
That's all we shall know for truth
Before we grow old and die.
I lift the glass to my mouth,
I look at you, and I sigh."

We all know or have experienced the great wines of holidays, the good chardonnays and the cheap plonk passed off as wine that comes now in a box with a little rub-

ber tube on the bottom. What follows are my recently discovered pleasures of the vine.... treasures that fit the following criteria: body-warming, strong-flavored, and ready to drink. Try a few and perhaps you too will find the pleasures of this season to be like a good winter coat; rough, dark and cold on the outside, warm and comforting on the inside!

VILLA DI MONTE CHIANTI 1993 — Good Chianti for under \$4? After talking

Those warm sunny days of Provence are captured in the bottle: a taste of raspberries, rosemary, and spice.

to the shop clerk, I found that I could get this wine at a bottle cost of \$3.20, if I purchased a case! Almost unbelievable until you consider that this area has had a huge surplus of good wine over the last decade. The invasion of modern technical wine equipment took Italy by storm in the last decade and the result was a supply that far outstripped the demand. So as the wines got better, the price dropped! Tuscany has become the world headquarters for good everyday red. Villa di Monte Chianti represents the new style of non-reserva reds of the area, with an accent on fresh, balanced fruit followed by a dry, (but not harsh) finish.

MORIS FARMS MORELLINO DI SCANSANO 1991 — Now, I do not have a clue why, in a little down south of Pisa, a winery would be called "Moris Farms," but it sure makes it easier to ask for than having to say "Mor-il-Ieeno-dee-Scanz-ahn-o"! At \$7 a bottle you get something that tastes like a good Italian Chianti mixed with a little of the soft richness found in southern French reds. Moris Farms' flavor is solid black cherry fruit with a touch of cassis, finishing dry, with just a hint of toasted wood.

CHATEAU DE CALCE 1991 — Rhone is an area that produces some of the greatest house wines in the world, but unfortunately nature was less than kind in 1991. Chateau de Calce, made from the same grapes used in Rhone wines, lies further south and in 1991 made a superb wine! Those warm sunny days of Provence are captured in the bottle: a taste of raspberries, rosemary, and spice. This wine goes well with many things, from rich bean soups to leg of lamb. At around \$6.50 a bottle I cannot think of a better "house red" on the planet!

MARIETTA SONOMA COUNTY ZINFANDEL 1992 — Zinfandel is a grape that

deserves to be in every cellar during the winter. Going down to the cold basement to retrieve something that will warm up your insides has the same satisfaction of going outside to get logs for the wood stove. I wish that Chris Bilbro, the winemaker at Marietta, could sit at my table while the wood stove roars, the food is passed, and the bottles are poured. It would be satisfying to him to see his handcrafted wine being enjoyed in such a setting. This rich, spicy, full-bodied Zinfandel, along with his famous "Old Vine Red," are some of the best buys made in this country. Both are available under \$10.

Regards,

Yves Ferrand

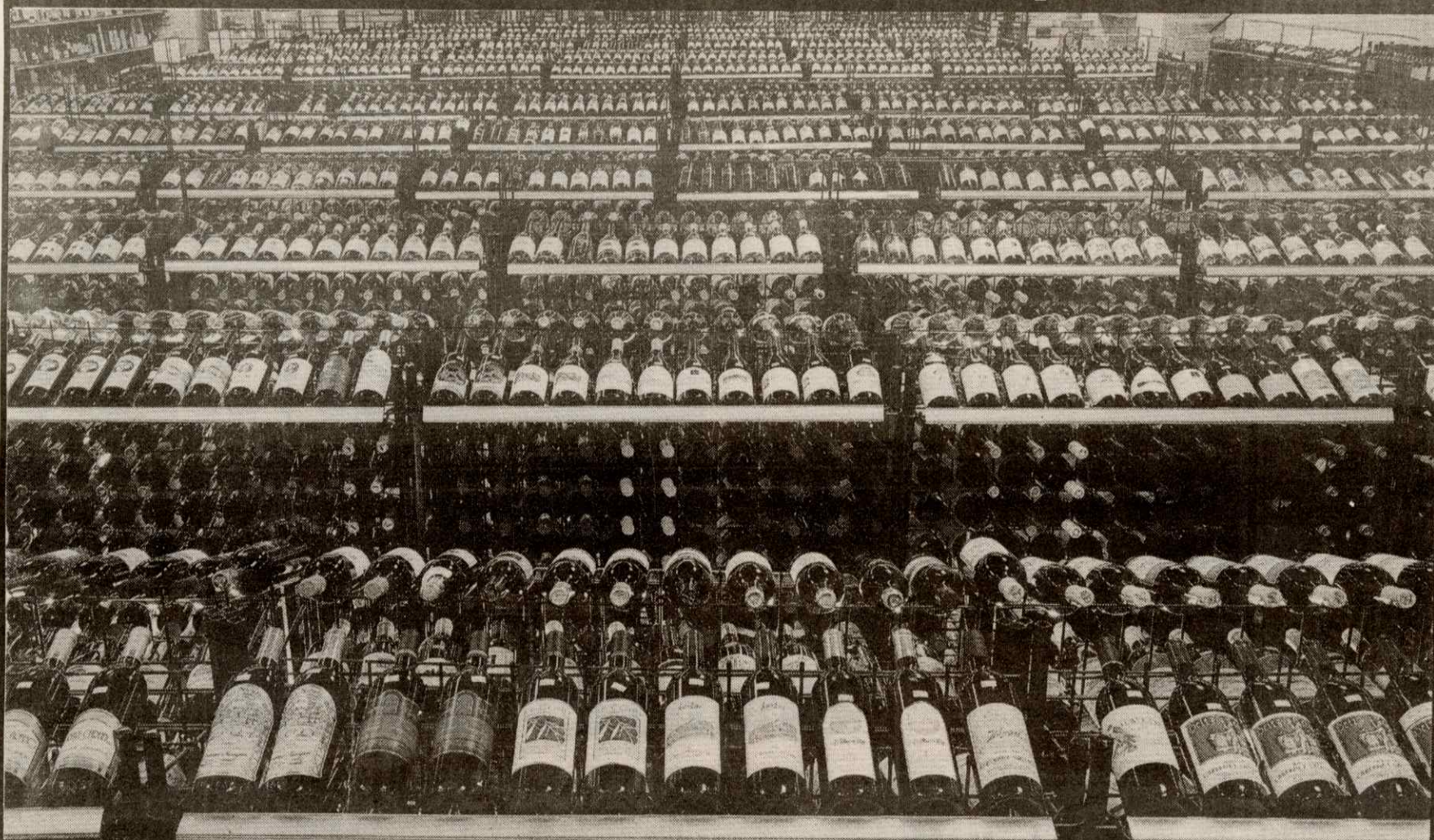
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The Lawsuit-Happy Workplace

THE **Inc.** REPORT by John Case

Sometimes you don't know whether to laugh or cry. Take the following story, recounted by my colleague Robert A. Mamis in this month's *Inc.*:

Seems that the president of an apparel company hired a new employee to dust and clean desks. He described her later as the "sweetest little old lady you'd ever want to meet."

She came to work on June 1. On June 15 — that's right, same year — she requested a leave of absence.

The boss was a tad surprised but kept his cool. When you're ready to come back, he told her, just give us a call.

The call he got was not from the woman but from her lawyer.

The woman had double carpal tunnel syndrome, said the attorney. It was a job-related injury. She'd need a generous severance package, or she'd file a costly claim.

Claim away, said the outraged employer, wondering how anyone could get carpal tunnel syndrome — a repetitive-motion disorder — in a mere two weeks, and from dusting desks yet. His mistake. Several months and "lots of legal fees" later, he finally settled.

"She knew what she was doing, big-time," he concluded bitterly. "She was going for \$20,000 per wrist."

Later, he found out that she had engaged the attorney before even applying for a job.

Spend enough time talking to company owners and you'll hear many such stories. If it isn't a disability scam, it's a wrongful-termination suit, or maybe a false allegation of discrimination or harassment. Nothing outside Washington, D.C., provokes more fear and loathing among businesspeople than the fraudulent lawsuit.

Spend time talking to employees, of course, and you hear the other side of the story. Managers who proposition or otherwise harass subordinates. Company owners who figure they can hire and fire whomever they want to, whenever they want to. Supervisors who order workers to skirt safety regulations.

The laws protecting employees were written precisely to prevent such behavior. They're "intended to protect a class of people that needs to be protected," acknowledges Joseph J. Ortego, a Uniondale, N.Y., lawyer who specializes in defending companies against wrongful-dismissal suits.

But the law is a bludgeon, not a rapier. And when combatants are swinging bludgeons at one another, even the innocent get hurt.

Fighting a lawsuit, for example, can cost an employer many thousands of dollars and many hundreds of hours, even if the claim ultimately is thrown out of court.

Not fighting one — settling — can cost as much or more. Worse, settling sends a signal to other disgruntled workers that goodies are there for the taking: all you need is a lawyer and a trumped-up case.

Small companies are particularly vulnerable. They don't have in-house legal departments, so the boss generally winds up handling the matter directly. And they rarely have a lot of spare cash for legal bills.

For the employee with a legitimate grievance, the lawsuit can be a powerful, if time-consuming, weapon.

But the outcome is always uncertain. Win and you may get a big award — although it won't seem as big once the lawyers take their cut. Lose and you get nothing, except a huge red mark on your resumé announcing you as a troublemaker.

What is to be done? Passing the so-called "loser pays" rule might help — whoever loses the suit would have to pay legal fees and court

costs, at least up to a certain amount. That would discourage frivolous cases.

For the moment, though, the burden falls

mostly on employers. They must learn to follow the letter of the law, for example, when it comes to hiring and firing.

They would also be wise to offer reasonable severance packages with a firing, or reasonable time off for a disabling injury. Sometimes a soft answer turns away not only wrath but litigation.

One lawyer told Mamis, "I've won awards of millions of dollars, when the only amount the defendants had to pay initially was for the employees to be heard out, to be treated reasonably, and to be given back respect."

Of course, some people will always work the system for all it's worth — like the shingler who injured himself falling from a scaffold.

His employer, faced with paying the guy two-thirds of his earnings for the next 13 years, argued that he had recovered from the injury. "But he'd hobble into the Industrial Accidents Board with some doctor's statement in hand," complained the company president, "and the judge found for him every time."

Later, the company advertised for a manager, and the guy applied. He lost out to someone with managerial experience — and promptly sued for discrimination against the handicapped.

As I said, do we laugh? Or do we cry? ★

— Universal Press Syndicate

MAKE-A-DATE

THURSDAY, FEBRUARY 9

The Northampton Planning Board will hold a meeting on transportation and circulation. The public hearing will thoroughly review and help collect input for a comprehensive plan for downtown Northampton. The discussion will be held in City Council Chambers from 6:45 p.m. — 8 p.m. Call the Northampton Chamber of Commerce (584-1900) for more information.

THURSDAY, FEBRUARY 16

The Western Massachusetts Institute of Management Education, Inc. will sponsor *Moving Up to Supervisor*. The program will be presented by Walter Munroe, President of W.F. Munroe, Inc. and will introduce skills needed to be an effective supervisor. The all-day workshop will be held at the Comfort Inn in Chicopee. For more information and to register call 589-7844.

FRIDAY, FEBRUARY 17

Pre-registration is due for *UMass/BSI ISO 9000 Initiative: A World-Class Program for Local Small Businesses*. The Massachusetts Small Business Development Center and the Center for Manufacturing Productivity, public sector services for the University of Massachusetts Amherst in special collaboration with the British Standards Institution (BSI). The intensive program offers local companies committed to developing an ISO compliant quality management system a combination of intensive training and on-site support from BSI trainers and UMass faculty and students. The program will run from May through September 1995. Enrollment is limited to the first eight companies. Contact Laura Howard, ISO 9000 Project Manager at 545-6307.

WEDNESDAY, FEBRUARY 22

The Western Massachusetts Institute of Management Education, Inc. sponsors a program on the Family Medical Leave Act. The workshop will discuss the final regulations of the Family Medical Leave Act. The speakers will include James Trono, President of the Employers Association and Joseph DiJulia, Assistant Director of the U.S. Department of Labor. The program will run from 9 a.m. — noon at the Northampton Inn. Call 589-7844 for more information or to register.

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COMMERCIAL PULSE

Espresso Education

Café Mediterranean in Amherst is not only taking measures to obliterate coffee ignorance, but bringing a lot of unused espresso machines out of hiding.

Café Mediterranean, along with its supplier Indigo Coffee, will be sponsoring an "Introduction to Espresso" workshop beginning the second week of February. The class will not only explain how to use an espresso machine, but how to make various espresso-based drinks, such as cappuccino. The history of roasting coffee beans, as well as types of beans, will also be discussed.

The idea for the class is a direct result of customer inquiry. Kole Heyward-Rotimi, co-owner of Café Mediterranean, said, "I got the idea from the customers coming in and having questions about what types of beans to use, and how to grind them. One customer commented, 'Wouldn't it be nice if there was a class?'" Students may use the espresso maker at the café during the class, or can bring in their own to learn its specific functions. The class will not only teach people to use these confusing machines, but will teach them the names — as well as the ingredients — of coffee drinks. "The public will know what they are asking for when they come in," said Heyward-Rotimi.

Buying the café in June, owners Kole and Camela Heyward-Rotimi offer a café with a cultural mix. Focusing on the Mediterranean flair, the café sells regional foods such as tiramisu, baklava, hummus, soups, and alternative Mediterranean-style cakes that are sugar-free or dairy-free.

Café Mediterranean is located at 1 East Pleasant Street in Amherst. For more information on the workshop call 549-7122.

RAPID PULSE

IN AMHERST

Pete Wozniak, director of the Physical Plant at the University of Massachusetts for the past six years, is stepping down from the post to assume new responsibilities. He will be replaced by Pat Daly, current director of operations and utilities in the Physical Plant. Daly will serve as acting director while a national search is conducted for a permanent director. The Physical Plant director currently oversees a budget of about \$31 million and some 600 employees.

McDonald's Express has opened at 25 North Pleasant Street in Amherst. "We're very excited to be opening this, our third McDonald's in the area," said owners Dan and Dolores Rossignol. Hours of operation are 7 a.m. — 10 p.m., Sunday through Thursday, and 7 a.m. — 11 p.m., Friday and Saturday.

IN EASTHAMPTON

The Easthampton Savings Bank reported growth in assets, deposits, loans, and capital at their quarterly trustees meeting. Assets grew at a 5.5% rate, ending the year at \$253 million (a \$13 million increase over year end 1993). Deposits have increased \$8 million (4%). The bank's total loan portfolio now stands at \$144 million, an \$11 million (9%) growth over the prior year end.

IN HATFIELD

LuAnne Geoffrion, Practitioner of Integrative Acupressure, has opened a practice at 61 Elm Street in Hatfield. Acupressure combines the wisdom of Chinese medical philosophies with a gentle and effective bodywork technique designed to balance the musculoskeletal system. Geoffrion received her medical training at the New England Institute for Integrative Acupressure in Haydenville and is A.M.T.A. certified. In addition, Geoffrion has been a childbirth attendant for many years and continues to offer pre- and postnatal care as well as labor support.

IN HOLYOKE

Hadley Printing received the 1995 Ben Franklin Award at the Printing Week Banquet sponsored by the Springfield Club of Printing House Craftsmen, Inc. Since 1959 the award has been given to the printing firm that best exemplifies the club's motto, "Share Your Knowledge," contributing to both the printing craft and its community by continuously upgrading the firm's equipment and employee skills to meet the quality printing needs of its market. Hadley Printing, in operation since 1896, today employs eighteen skilled full-time employees and has equipment ranging from state-of-the-art small offset presses to a 28 x 40 two-color Roland press.

IN SPRINGFIELD

The Springfield Symphony Orchestra's search for a new music director has been narrowed down to four finalists. The four applicants will guest conduct with the orchestra while audience and musician reactions will be solicited. After the final candidate has conducted on March 11, the Music Director Search Committee will meet to make a recommendation to the SSO Executive Board. If all goes well, the new music director will be on board for next season.

— Melinda Webber

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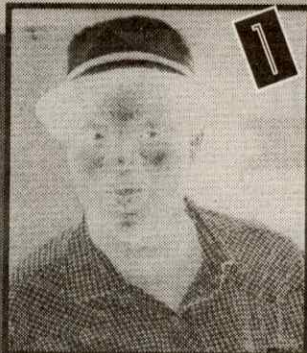
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Harsh Music FOR TAME TIMES

THE NEW UNDERGROUND ESCHEWS NOTES FOR NOISE

BY DARREN R. BENNETT

Picture the musical instruments of apocalypse: the hood of a car for a drum. A rusty box spring for a harp. And modified plumbing for the wind section. This may seem like the musings of science fiction, but it is a reality for a growing number of bands experimenting with the artistic expression of noise — artists impelled by the need to articulate their feelings through sound.

"It's a way of looking at things, interpreting them and looking into yourself," said Brendon Rule of the local band Squidlaunch. "It's trying to get a noise out of your head. There is more there than you can ever get out. It takes a lot of soul and intelligence. Noise is more conceptual."

Rule, who also works at Al-Bum's Records in Amherst, was recently instrumental in increasing the selection of noise bands there. Though it may be a long time before chain stores feature such artists as Throbbing Gristle or Flying Testicle, bands like Sonic Youth, who combine aspects of noise with more traditional forms of music, have been (albeit nominally) on mall store shelves for years. One possible indicator of the growing acceptance of this art form is the appearance of the Japanese noise band The Boredoms at the recent Woodstock revival. But The Boredoms are only the tip of Japan's noise iceberg.

"Japan has the best noise," according to John Brown, of the (also local) band Proof of the Shooting. "In the '80s noise and punk in Japan were the same thing."

A number of American books and magazines are dedicated to Japanese noise. "America is inspired by Japanese noise, whereas everything else in Japan is influenced by America," Rule said. "Emil Belio, the mayor of Manchester, New Hampshire, is in a noise band and goes to Japan to play."

Noise could be said to have its roots in nature, jazz, the roar of a subway, or even a train wreck. It is the composite and arrangement of a variety of recorded or reproduced sounds in order to convey emotion, to make an avant-garde collage.

Although the growing popularity of noise is new, its concept is far from it. During the first years of this century in Milan, Italy, a man named Luigi Russolo began perfecting what he called "intonarumori," or instruments of noise. These consisted of approximately 15 individual boxes, each with a particular specialty in the creation of forms of noise, from the sound of water, to simulated motors and whistles.

Russolo used his instruments to create and perform compositions such as "Meeting of Automobiles and Airplanes" and "Awakening of a City." After listening to the first performance of the latter at Russolo's home in 1910, an anonymous reporter for the London *Pall Mall Gazette* described how the "queer boxes" simulated everything from a newborn child crying to the footsteps of the great army of breadwinners going to work. "I awoke as though from a dream and applauded," he wrote.

With much credit to the art form's legitimacy, the original philosophy of noise is still as it began. As Russolo wrote in his *Futurist Manifesto*, "We futurists have all deeply loved and enjoyed the harmonies of the great masters. Beethoven and Wagner have stirred our nerves and hearts for many years. Now we have had enough of them, and we delight much more in combining in our thoughts the noises of trams, of automobile engines, of carriages and brawling crowds, than in hearing again the 'Eroica' or the 'Pastorale.' Let us leave, since we cannot for long restrain ourselves from the desire to create finally a new musical reality by generously handing out some resounding slaps and stamping with both feet on violins, pianos, contrabasses, and organs. Let us go!"

Brown echoes Russolo's sentiments. "People keep bringing back the same ideas because they are out of ideas. We have to keep going onward and progressing," he



Amber Davis

said. "Rock was valid when it came out, but now they just keep rehashing and rehashing, and that's what is now happening to hardcore, and it will probably eventually happen to noise."

"There's nothing out there that's brutal enough. Even the most brutal bands are not effective, [because] people can relate too easily to chords," Brown said. "The noise doesn't move their bodies; they have to think about it."

Rule agrees on the safeness of today's music scene. "What's alternative about Nirvana and Pearl Jam? There is a real alternative, but people don't know about it."

Proof of the Shooting and Squidlaunch, and most likely anyone striving to break new ground with noise, risk confusing many audiences. Brown and Rule said that people hear them start playing and think they are fooling around, warming up, or that they are just a joke, but both concur that those people simply aren't able to open their minds for long enough to realize the artistic value of their craft.

"Music is the smallest concern," Brown said. "It is performance art using sounds. People come up to me and say, 'Well you play music.' No, I play noise — noise is totally against music. To me it's more like art."

It is one of the most original forms of music and is structured a lot like jazz. I've never heard any noise that is like any other."

"A lot of people laugh when they see us play because they don't understand it and don't know how to react," Brown said. "They can't move their heads to it. They must just sit there and get brutalized. We have some structure, some ideas. We use musical instruments, but we don't use them like musical instruments. So many bands don't know the sounds the instruments *can* make. They only know the sounds they have heard from the hundreds of bands before them."

"What's alternative about Pearl Jam? There is a real alternative, but people don't know about it."

— Brendon Rule of Squidlaunch

"You don't have to be good at 'instruments'," Brown continued. "[Noise] is more concerned with technique. Some bands just use distortion. Some use feedback. Some just scream into the microphone. There are no harmonies. No melodies."

"It is totally free, but calls for expression," said Rule. He describes the lyrics

to one of Squidlaunch's songs: "When there's a gun to your head/tell me about your gun collection/when there's a knife to your throat/tell me what you're going to wear tomorrow/when you're starving to death/tell me some vegan stories."

"People don't want to find their inner soul. It's not fun, but it needs to be done," Rule said. "Music and art is the easiest level to start opening minds, to think how much worse things could be — and how much better. People aren't willing to bring themselves down to a truly human survival level. People make you feel dead. Sometimes the more you deal with that sort of thing, the more you start to consider the role you have in the abuse of other people. People don't want to deal with the ugliness inside themselves."

"I feel that my life is so ridiculously easy, as a white male, that I don't have to go on trying to make my life 'better'," Brown said. "I try to convey to others that there are lives out there that are really hard, and I want to make them feel that way. I could go through life like a Carnival Cruise Line, but I'd much rather reflect in art. I'd rather get to know myself inside and out. I have fun, but that's not my top priority."

"People are so into being happy that they don't care when they shit on others," he said. "I like to portray a scenario to make people feel like shit for a second — then maybe they will think."

"The people we play to aren't really the people we are trying to reach," Brown said. "We want to walk into an IBM office and jam." ★

Heads, You Lose

Highlander: The Final Dimension doesn't cut it

by Jeff Allard

While I've seen disgruntled theater patrons leave a film at the halfway point before, I've never seen them actually flee a film. That's the kind of sprint-up-the-aisles fun I witnessed at an opening weekend showing of *Highlander: The Final Dimension*. You'll probably be able to scout out some errant *Dungeons and Dragons* fanatic who found the quasi-mythological bluster of *Final Dimension* appealing but that same person is also likely waiting for a third *Beastmaster* film (*Beastmaster 3: Law of the Paw!*). Industrial vacuums don't suck as hard as this, obscuring the fact that the original *Highlander* was one of the most exceptional fantasy films of the '80s.

In *The Final Dimension*, Christopher Lambert dutifully returns to portray immortal Prozac casualty Connor MacLeod one last time. Believing he is the last of his kind, he's been marking time with his adopted son in Marakesh — that is until a surly, viciously over-acting Mario Van Peebles (as Kane The Magician) steps out of the Japanese cave he's been buried in for 400 years since killing MacLeod's mentor, Nokono (Mako). Once Peebles is out in the modern world, the only question is who's going to decapitate who first. Or rather, it would be the only question if Lambert's venerable teacher



Mario Van Peebles supposedly lives forever but can't be killed soon enough in *Highlander - The Final Dimension*.

That's one of the top ten earmarks of a bad movie, I believe — confusion during decapitations. *Highlander* has that in spades.

hadn't already made the death bed (his talking severed head, actually) announcement to Peebles: "there can be only one — and it won't be you!" So much for suspense, I guess. *Highlander* is so deadening from the

get-go that the first time Lambert and Van Peebles cross swords in New York, you're hoping that it'll somehow be the end of the movie. Director Andy Morhan is so flat-out desperate to provide diverting visuals

that during this particular fight scene, Peebles and Lambert swing at each other on ropes for no apparent reason save that Morhan must've thought it more exciting than merely leaving them earthbound. Oh, and did I mention that Peebles is supposed to be the devil or something? Well, he is. The most commanding Prince of Darkness since Bill Cosby and Elliot Gould's *The Devil and Max Devlin*, I'd say.

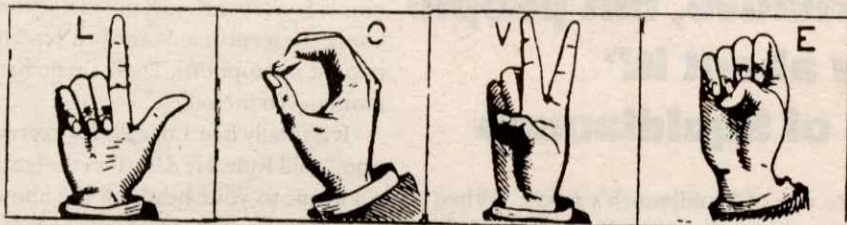
Fans of the over-used "morphing" technology pioneered in James Cameron's *Abyss* and *Terminator 2* (and recently seen in *Stargate*) will be in for a field day with *The Final Dimension*. Director Morhan should've installed some helpful notices on the soundtrack — "Hey! Don't fall asleep, suckers — we're gonna morph something soon!" For those not caught up in cheap computer-generated hocus-pocus, there's the periodical wind 'n' light show to look forward to each time an immortal is decapitated (the slayer absorbs the slayee's soul, in case you weren't up on this). You'd think they'd save that particular trump card for the finale — by the time Van Peebles loses his head, it's old news. At that point, they

could've just paid theater ushers to whip weary patrons with flashlights. And for anyone who thought that something might, well, happen after there is finally "only one"

continued on page 45

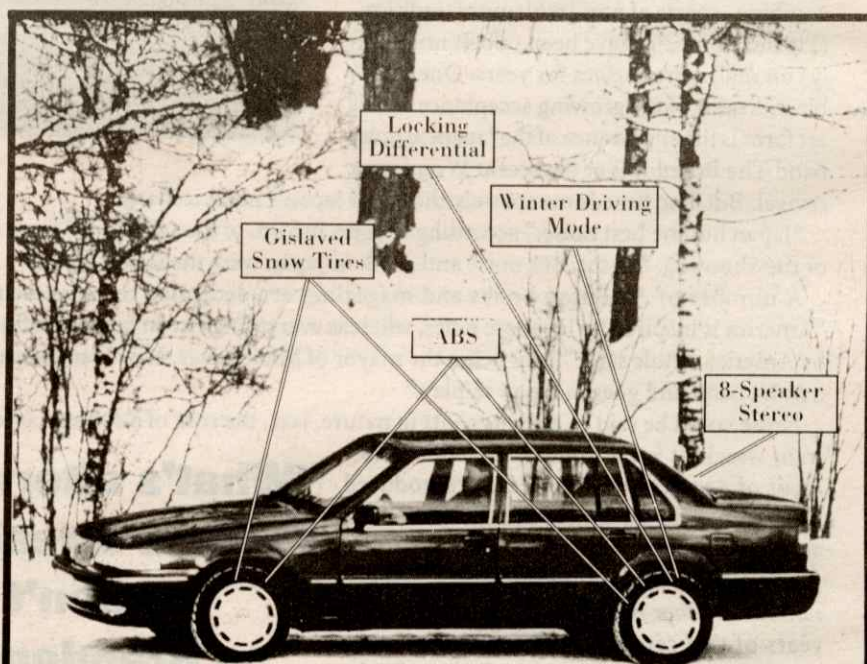


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Valley Optimist Reader Awards

It's been three incredible years of good news since we started *The Valley Optimist* and we're still going strong. No matter how much we drink from it, this Valley's glass remains, as ever, half full. And we'd like your help in recognizing the people responsible.

As we did last year, we're asking for you to get involved by telling us which Valley residents embody the spirit of optimism.

We want to know who made you laugh and dance, even when the rent check was due. Who lifted your spirit? Who shared the wealth? Who found the time in an impossibly busy week to help those in need? Who threw the best party? Who entertained you? Whose artwork made this Valley a more beautiful place to live? Who overcame real obstacles with spirit and determination?

A Valley Optimist can be a local celebrity or a local crossing guard — it makes no difference, as long as they bring something positive to our community.

Please use this opportunity to help us find the Valley's Optimists. Whether they fit into our definition of optimism or your own, we want to know who they are.

Thanks again for your help and your support,

The Valley Optimist

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Valley Optimist Reader Awards Nomination Form

Help us find the Valley's Optimists!

Please include as much information about the person or organization as possible, attaching an additional sheet if necessary. Feel free to submit multiple entries if you have more than one nominee in mind!

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10. Care to come back to my place for a little Dickens?
9. When you're tired of dating "speed readers"—call me
8. You're pretty nicely stacked yourself
7. Have you seen a copy of *Tax Tips for Billionaires*?
6. Who's your favorite Karamazov brother?
5. I've got a great reading light next to my bed
4. I can bench-press a whole stack of James Michener novels
3. While you're turning those pages, mind if I lick your fingers?
2. You're hotter than Emily Dickinson in a tube top
1. Is that an unabridged dictionary in your pocket, or are you just glad to see me?

TOP TEN PERKS OF WINNING THE INDIANAPOLIS 500

10. Getting showered with 10W40 in locker-room celebration
9. Honorary New York City taxi license
8. Right to represent Earth in Pan-Galactic Monster Truck Rally
7. Invitation to start Mr. Gotti's car for him
6. Good chance of meeting Kamarr the Magician backstage at Letterman show
5. Don't have to shut off lights and lock up speedway like guy who finishes last
4. Get to throw one free punch at Mr. Goodwrench
3. Offers of employment from Domino's Pizza
2. Trophy, bouquet of roses, and a big wet kiss from Jim Nabors
1. All the Valvoline a guy can drink

TOP TEN QUESTIONS SCIENCE CANNOT ANSWER

10. Which one's Kate and which one's Allie?
9. How did Ed McMahon get my home address?
8. How can those guys on the street sell real Rolexes for ten bucks?
7. Why don't the laws of physics inhibit the expansion of Paul Prudhomme?
6. How can those wrestling refs miss so many illegal holds?
5. How could the IRS be so dense about my so-called "church"?
4. Why do men achieve orgasm in a second while women never have them?
3. Why, if Mr. Ed could talk, did he never complain about having to stand in straw soaked in his own urine?
2. How can a list of ten short items seem to take an hour to read?
1. What exactly was Jimmy the Greek bred for?

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10. Hey batter, hey batter
9. Him a natty dread mon
8. Lively up yourself
7. No batter, no batter
6. Easy out
5. Ride, natty, ride
4. Stick it in his ear
3. Hungry mon is an angry mon
2. Make him pitch to ya
1. Easy skanking/Hum babe (tie)

TOP TEN REASONS CONGRESS DESERVES A PAY HIKE

10. Many big corporations cutting back on bribes
9. Because of C-Span, they all had to buy hairpieces
8. Tired of carpooling with Barney Frank
7. Tired of Congressman Fred Grandy's taunts about all the dough he's making from "Love Boat" reruns
6. Most of D.C.'s topless bars have raised their cover
5. Our nation's lawmakers ought to make at least a fraction of the annual income of the "Hey, Vern" guy.
4. Worked long hours trying to keep down the minimum wage
3. Maybe they'll stop complaining about salaries and start doing something about our nation's oppressive highway speed limits
2. Close to half have never been indicted
1. If raise doesn't go through, have vowed to turn the whole thing over to Quayle

TOP ELEVEN REJECTED LIFESAVER FLAVORS

11. Disembowelmint
10. Pineapple Noriega
9. Marion-Berry
8. Smouldering Wig
7. Fruit-of-the-Loom
6. Sonny 'N' Cherry
5. Anton Fig
4. Number Ten Steel Lock Washers
3. Suck This
2. Manson Mint
1. Rashberry

TOP TEN THINGS REAGAN DOES REMEMBER

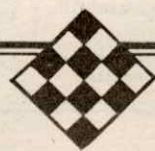
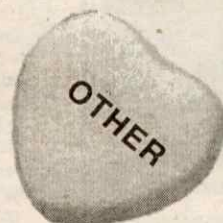
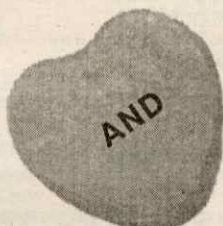
10. He used to live in a big white house
9. That bastard Sam Donaldson
8. Those great parties at Marion Barry's
7. Daughter Maureen's weight (within 150 pounds)
6. Where Nancy doesn't like to be touched
5. The name, address, and social security number of each and every one of his black supporters
4. If you need a hooker, call Bill Holden
3. 4:30—time for Wapner!
2. That Jodie Foster is a real troublemaker
1. Falling off a horse—and that's about it

TOP TEN THINGS DAN RATHER IS AFRAID OF

10. Spiders
9. People will discover he doesn't understand maps
8. The Greenhouse Effect
7. A drunken pass by Charles Osgood's wife
6. Searing abdominal cramps during newscast
5. Endorsement deal for Bartles & Jaymes will fall through
4. Garrick Utley
3. Handshake too limp for world leaders
2. Might giggle during Chernobyl update
1. "West 57th" kids laugh behind his back

TOP TEN OFF-SEASON SPORTS ON ESPN

10. Uninflated basketball
9. Fat-guy hackysack
8. No-hands auto racing
7. Shirts-and-skins speed typing
6. Amish rake fights
5. Miniature horseshoes
4. Dropping cows from planes
3. Padded suit lumber swat
2. Oprah tipping
1. Dog hockey



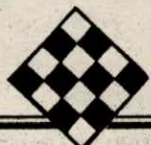
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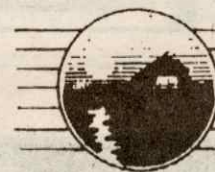
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SAT. FEB. 11 **LOOSE CABOOSE**

SUN. FEB. 12 **OVERKILL** 9PM - ALL AGES
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THUR. FEB. 16 **LETTER'S TO CLEO**

FRI. FEB. 17 **BIM SKALA BIM** 18+
JASPER & THE PRODIGAL SUNS

SAT. FEB. 18 **QUETZAL**

SUN. FEB. 19 **BABY JANE DOE** ALL AGES

THUR. FEB. 23 **ZEKE FIDDLER/HOME**

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Sunday, February 26

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Thursday, March 2

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Wednesday February 8

The Flirtations sing at Pearl Street (584-7771) in Northampton
at 7 p.m. 21+.
The Bobs perform their world famous wacky a cappella at the
Iron Horse (584-0610) in Northampton at 7 p.m.
Amy Fairchild is at the Northampton Brewery (584-9903) at 10
p.m.
Bay State Electric Open at the Bay State Cabaret (584-8513)
in Northampton. No cover!
Reggae Party at the Hadley Pub on Rte. 9.
Country Western dancing at the North Star with DJ Sparkie
from 8 - 11 p.m.

Northampton with Monster Voodoo Machine at 8:30 p.m.
18+.
Equalites and Free Press steam up the windows at the Bay
State Cabaret (584-8513) in Northampton. 21+.
Johnny Hoy and the Bluefish make their first bluesy appear-
ance in western Massachusetts at Theodore's (736-6000) in
Springfield.
Blue Pearl plays "old time blues" — complete with tap dancer
— at the Hotel Northampton (584-3100).
Retro Night at Pearl Street 9 p.m. — 1 a.m. 21+.
Laser Disc Dance Party at Katina's (586-4463) in Hadley.
Karaoke Night, the last word in hip hangouts, at the World War
II Club (586-3314) in Northampton.



**They've had more line-up changes than Yes, but the Jefferson Starship keeps flying
regardless. Forget "We Built This City" — original members Marty Balin, Jack Cassidy,
and Paul Kantner (remember the KBC Band?) are back with new recruits Tim Gorman,
Prairie Prince, Slick Anguilar, and Darby Gould. See the new old Jefferson Starship at
the Iron Horse in Northampton on Friday, February 17 at 7 and 10 p.m.**

Teen Dance Night at Katina's (586-4463) in Hadley from 7 —
midnight.
Gay Night dancing at Pearl Street from 9 p.m. — 1 a.m. Music
provided by DJ Dennis.

Thursday February 9

Warren Zevon sings all his hits and near-misses at Pearl Street
(584-7771) in Northampton with Ray Mason at 8:30 p.m.
Joan Osborne performs at the Iron Horse (584-0610) in
Northampton with the Amy Fairchild Band at 7 p.m.
Tom "Lenny" Hotz and the Modern Lovers, Stringbean,
Serpico, and Union Label are at the Bay State Cabaret
(584-8513) in Northampton. 21+.
Art Steele Blues Band is at the Say When Café (593-3943) in
Chicopee at 9 p.m.
18+ dancing at Pearl Street from 9 p.m. — 1 a.m. Music provid-
ed by DJ Dennis.
Blues and 'Ques, featuring live music and barbecue specials,
at Squires' Smoke and Game Club (268-7222) in
Williamsburg from 7 — 10 p.m.
Open Mike Blues Jam at the Hadley Pub on Rte. 9.
Boyz' Nite Out at the North Star with DJ Steven and male go-
go dancers from 10 p.m. — 1 a.m.
Selectrocution at Katina's (586-4463) in Hadley.
Open Mike Night at the Mole's Eye Café (802-257-0771) in
Brattleboro.

Friday February 10

Northern Lights play country/folk/bluegrass at the Iron Horse
(584-0610) in Northampton at 7 p.m.
Trailer Park are at Davis Hall at Smith College to play a benefit
for the Massachusetts Breast Cancer Coalition from 8 p.m. —
midnight.
Marilyn Manson, currently a favorite band of Mr. Nine Inch Nail
himself Trent Reznor, attacks Pearl Street (584-7771) in

18+ Dance Party with DJ Betsey at the North Star from 10 p.m.
— 1 a.m.

Saturday February 11

Ray Mason Band and Cardinal Woolsey rock the house at the
Bay State Cabaret (584-8513) in Northampton. 21+.
Sleepy LaBeef plays rockably at the Iron Horse (584-0610) in
Northampton at 7 p.m.
J'Nanne Ditulio, Helene Lantry, and Lauren Dumbrowski do
comedy at the Iron Horse (584-0610) in Northampton at 10
p.m.
Lisa McCormick appears at the Hooker Dunham Theatre (802-
387-5452 for reservations and information) in Brattleboro at
8:30 p.m.
Loose Caboose try to tighten things up with a little reggae at
Pearl Street (584-7771) in Northampton at 8:30 p.m.
Doug and Leah Tanner, a father and daughter violin/guitar
duet, are a part of "A Fireside Serenade" at the Open
Hearth Home Center in Shelburne at 8 p.m. Call 625-9638
for reservations.
Dave Brinnel is at the Hotel Northampton (584-3100).
Art Steele plays homegrown blues at Theodore's (736-6000) in
Springfield.
Top 40 Club Music with DJ Lance at Pearl Street from 9 p.m. —
1 a.m. 21+.
21+ Dance Party with DJ Steven at the North Star from 10 p.m.
— 1 a.m.
Selectrocution at Katina's (586-4463) in Hadley.
Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.
Sunday February 12
Buckwheat Zydeco guarantees a good time at the Iron Horse
(584-0610) in Northampton at 7 p.m.
Earth Crisis, a straightedge band from Syracuse, plays an
afternoon matinee at Pearl Street (584-7771) in



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Feb 25	Frank Gotwals.....	\$3

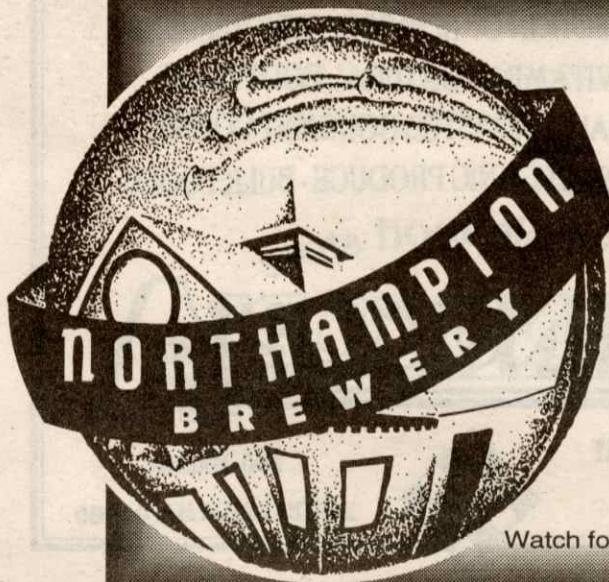
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Overkill bring their heartwarming brand of "progressive speed metal" to Pearl Street (584-7771) in Northampton with Perpetual Doom getting things off to a positive start at 9 p.m.

Rock Gods and the Unband play a rockin' double-bill at the Northampton Brewery (584-9903) at 10 p.m.

Retro Dance Night at the North Star with DJ Betsey and female go-go dancers from 9:45 p.m. - 1 a.m.

Monday February 13

Marshall Crenshaw, everyone's favorite impeccable pop stylist, plays all his should-have-been-hits at the Iron Horse (584-0610) in Northampton at 7 p.m.

Gay Night at Katina's (586-4463) in Hadley.

Blue Monday at the Bay State Cabaret with Ed Vadas and the Fabulous Heavyweights. No cover! 21+.

Tuesday February 14

J Mascis plays solo at the Iron Horse (584-0610) in Northampton with Miss Reed and 33 1/3 at 8:30 p.m.

Donna Lee plays a special Valentine's Day show at Theodores' (736-6000) in Springfield.

Open Mike Night at the Northampton Brewery with host Frank Manzi.

Open Mike Night at the Hadley Pub on Rte. 9.

Wednesday February 15

Liz Story, Windham Hill pianist with the mostest, tickles those ivories at the Iron Horse (584-0610) in Northampton at 7 p.m.

Architectural Metaphor get spacey at the Northampton Brewery (584-9903) at 10 p.m.

Bay State Electric Open at the Bay State Cabaret (584-8513) in Northampton. No cover!

Reggae Party at the Hadley Pub on Rte. 9.

Country Western dancing at the North Star with DJ Sparkie from 8 - 11 p.m.

Teen Dance Night at Katina's (586-4463) in Hadley from 7 - midnight.

Gay Night dancing at Pearl Street from 9 p.m. - 1 a.m. Music provided by DJ Dennis.

Thursday February 16

Benjamin Orr, the man who gave the Cars "Just What I Needed," brings a new band and some old hits to the Iron Horse (584-0610) in Northampton at 7 p.m.

Trailer Park and their double sax attack are at the Bay State Cabaret (584-8513) in Northampton with the Kevin Sysin Band. 21+.

Letters to Cleo play that Melrose Place Soundtrack song with the super-fast chorus at Pearl Street (584-7771) in Northampton with Gigolo Aunts and the Gravel Pit at 8:30 p.m.

Blues and 'Ques, featuring live music and barbecue specials, at Squires' Smoke and Game Club (268-7222) in Williamsburg from 7 - 10 p.m.

Open Mike Blues Jam at the Hadley Pub on Rte. 9.

Boyz' Nite Out at the North Star with DJ Steven and male go-go dancers from 10 p.m. - 1 a.m.

Selectrocut at Katina's (586-4463) in Hadley.

Open Mike Night at the Mole's Eye Café (802-257-0771) in Brattleboro.

Friday February 17

Jefferson Starship, featuring original members Marty Balin, Jack Cassidy, and Paul Kantner (as well as new recruits Tim Gorman, Prairie Prince, Slick Aguilar, and Darby



He started on classical violin, jazz tenor saxophone, and Beatles records, but Hugh Blumenfeld eventually became a guitar-strumming singer-songwriter of the highest order. Though Blumenfeld once taught college courses in poetry and creative writing, he recently made the leap into full-time touring. He comes to the Green River Café in Greenfield on Friday, February 17 at 8 p.m.

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FRI 3 10 pm Eclectic mix dance music \$3/door
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THU 9 7 pm "The Next Janice Joplin"
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Plus Amy Fairchild

THU 9 10 pm Relax to classic jazz on the PA
KLAR'S BAR
10-1AM • NO COVER

FRI 10 7 pm country/folk/bluegrass
NORTHERN LIGHTS

FRI 10 10 pm Eclectic mix dance music \$3/door
DJ SHAWNUFF DANCE 10-1AM

SAT 11 7 pm Rockabilly/Rock n' Roll
SLEEPY LABEER

SAT 11 10 pm Spend Valentines with these wild women "MTV" comedy writers!
J'NANNE DITULLIO
HELENE LANTRY
LAUREN DUMBROWSKI

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Fri. 3/3
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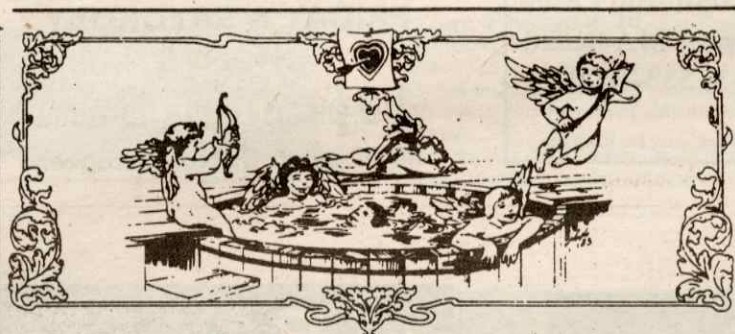
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Gould), lands at the Iron Horse (584-0610) in Northampton at 7 and 10 p.m.

Blonde Redhead, Flycatcher, Tizzy, and Dunebuggy raise the roof at the Bay State Cabaret (584-8513) in Northampton. 21+.

Birn Skala Birn go ska at Pearl Street (584-7771) with SMA at 8:30 p.m. 18+.

Mark Nomad Band gets the blues at the Hotel Northampton (584-3100).

Ernie Williams and the Wildcats have a CD release party at Theodores' (736-6000) in Springfield.

Retro Night at Pearl Street 9 p.m. – 1 a.m. 21+.

Laser Disc Dance Party at Katina's (586-4463) in Hadley.

Karaoke Night, the last word in hip hangouts, at the World War II Club (586-3314) in Northampton.

18+ Dance Party with DJ Betsey at the North Star from 10 p.m. – 1 a.m.

Saturday February 18

Angry Johnny and the Killbills ("Ladies get in free," sez Johnny) rip it up at the Bay State Cabaret (584-8513) in Northampton. 21+.

Quetzal, an area favorite for many years, play World Beat at Pearl Street (584-7771) in Northampton at 8:30 p.m.

Dana Robinson and Amy Fairchild perform at the Green River Café (773-3312) in Greenfield at 8 p.m.

West End Blues Band jam some "ripping harp blues" at Theodores' (736-6000) in Springfield.

A Midwinter Celebration is at the Open Hearth Home Center in Shelburne at 7 p.m. Call 625-9638 for reservations.

Eric Weld appears at the Hotel Northampton (584-3100).

Top 40 Club Music with DJ Lance at Pearl Street from 9 p.m. – 1 a.m. 21+.

21+ Dance Party with DJ Steven at the North Star from 10 p.m. – 1 a.m.

Selectocution at Katina's (586-4463) in Hadley.

Island Dance Party with DJ Dan at the Hadley Pub on Rte. 9.

Sunday February 19

Rent Party and the Boneheads play a double-bill at the Iron Horse (584-0610) in Northampton at 8:30 p.m.

Cocktail and the Bamboo Steamers play a double-bill at the Northampton Brewery (584-9903) at 10 p.m.

Mitch Frasier is at the Amherst College Campus Center Frontroom (tickets 586-8686) at 8 p.m.

"Local Band Showcase" featuring Baby Jane Doe, Hindsight, Sieze to Exist, Grimlock, and Hypnotic Kick at Pearl Street (584-7771) in Northampton at 7:30 p.m. All ages.

Retro Dance Night at the North Star with DJ Betsey and female go-go dancers from 9:45 p.m. – 1 a.m.

Monday February 20

Gay Night at Katina's (586-4463) in Hadley.

Blue Monday at the Bay State Cabaret with Ed Vadas and the Fabulous Heavyweights. No cover! 21+.

Tuesday February 21

Open Mike Night at the Northampton Brewery hosted by Paul Rocha.

Open Mike Night at the Hadley Pub on Rte. 9.

Wednesday February 22

John Sebastian, Lovin' Spoonful leader and "Welcome Back Kotter" theme writer, plays the Iron Horse (584-0610) in Northampton at 7 p.m.

Lonesome Brothers are at the Northampton Brewery (584-9903) at 10 p.m.

Reggae Party at the Hadley Pub on Rte. 9.

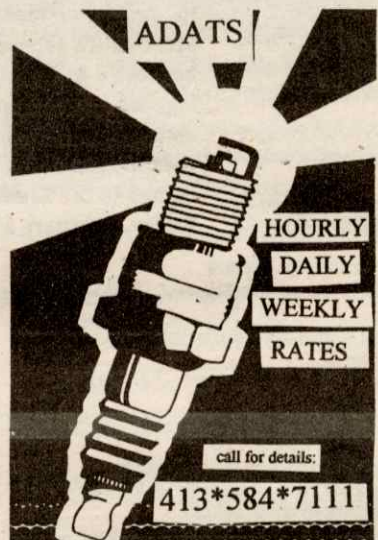
Country Western dancing at the North Star with DJ Sparkie from 8 – 11 p.m.

Teen Dance Night at Katina's (586-4463) in Hadley from 7 – midnight.

Gay Night dancing at Pearl Street from 9 p.m. – 1 a.m. Music provided by DJ Dennis.

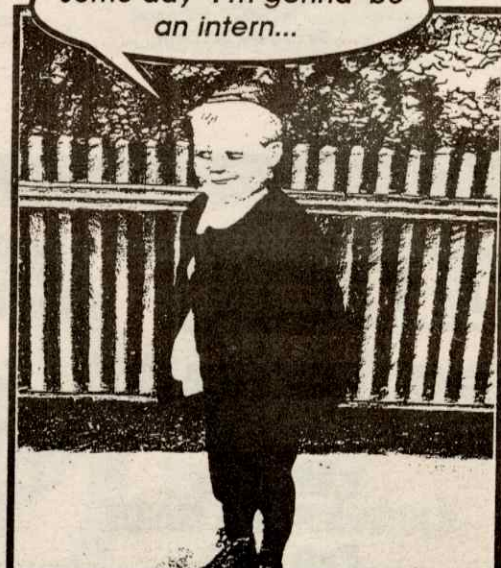


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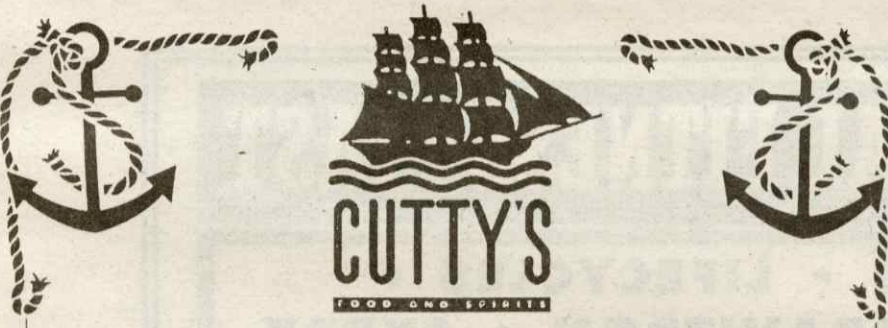
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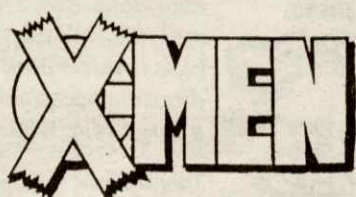
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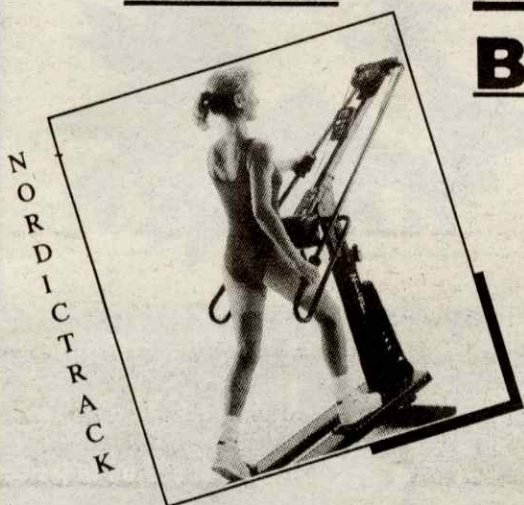
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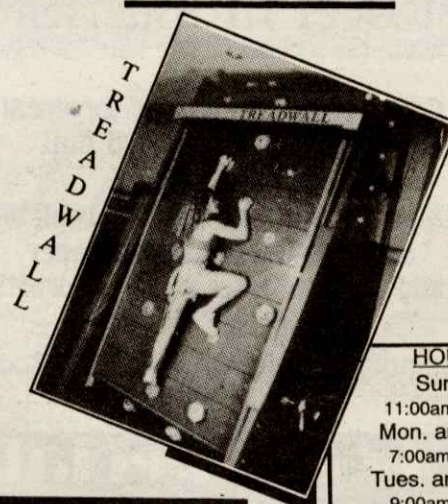
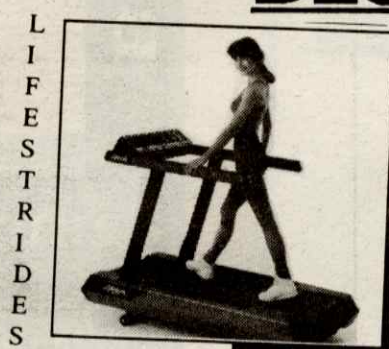
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3. John Scofield — *Liquid Fire* (Grammavision)
4. Max Roach — *M'Boom* (Columbia)
5. Wynton Marsalis — *The London Concert* (Sony)

CLASSICAL

1. Charles Ives — *A Set of Pieces* (DGG)
2. Mendelssohn — *Midsummer Night's Dream* (DGG)
3. Dawn Upshaw — *I Wish It So* (Elektra/Nonesuch)
4. Various Artists — *Mozart for Meditation* (Philips)
5. Gorecki — *Misere* (Elektra/Nonesuch)

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Dignity in a Dungeon

StageWest adds style and substance to *Someone Who'll Watch Over Me*

by Mark G. Auerbach

StageWest's current offering is Frank McGuinness' Broadway drama *Someone Who'll Watch Over Me*, the story of three men — one African-American (Kenneth Ransom), one Irish (Colin Lane), and one English (Malcolm Ingram) — who are held hostage in a dark cellar somewhere in Lebanon. Although set in the milieu

of *Headline News*, this sometimes funny, often touching play is really the saga of three very different men, who struggle to survive and maintain their dignity in difficult

circumstances. Beautifully staged by Tom Blair, and effectively designed and performed, *Someone Who'll Watch Over Me* is a moving piece of theater — the staging, the production, and the performances outshine the play.

Someone Who'll Watch Over Me opened on Broadway in 1992, while the world was still reeling from the Gulf War and the civil war in Lebanon. The drama received the New York Drama Critics Circle Award for "Best Foreign Play" and rave reviews for its actors, among them Stephen (The Crying Game) Rea making his Broadway debut as his movie was just opening around the country. Irish playwright McGuinness came to Broadway with impressive credentials — an adaptation of

The Three Sisters for the Cusack sisters, an adaptation of *The Threepenny Opera* with Marianne Faithfull, and a host of plays and TV scripts in Ireland and London. *Someone Who'll Watch Over Me* had a limited run in New York, and it's an excellent choice for regional theaters.

McGuinness' play asks some powerful questions. Who are these "hostages" that we've seen on the news? How do they survive the atrocities of

their captors and their loss of freedom and dignity? There's little action in the drama's plot; the play is a character study. McGuinness' characters are stereotypically drawn, and in many cases, one-dimensional, but the playwright's use of language is wonderful, and he creates a solid outline for a creative stage director and a trio of actors.

Tom Blair's staging is imaginative and deceptively simple; the performances shine. Malcolm Ingram's rendering of a flighty British academic is multi-textured and well-balanced. Colin Lane's performance as a rough-hewn Irishman is equally well-rendered, as is Kenneth Ransom's nervously kinetic portrayal of the American. Each actor has developed his

character to its maximum; together, they provide a rewarding ensemble performance. Keith Henery's prison set is appropriately dark and confining. David Strang's stark and dark lighting design, effective on every level, is his best

becomes a poignant backdrop for the play.

Someone Who'll Watch Over Me, as produced by StageWest, is an intriguing production, in which a new playwright's dramatic outline is brought full circle by thoughtful staging, production values, and performances

— all of which add style and substance. The overall effect is provocative. Leaving the theater, I pondered how I might survive as a "hostage" confined away from home. Who are the individuals caught up in world events? So when the theater compels its audience to ask questions, it's doing more than providing entertainment. ★



3 men of different nationalities are forced to confront personal hardships and national biases in Frank McGuinness' *Someone Who'll Watch Over Me*.

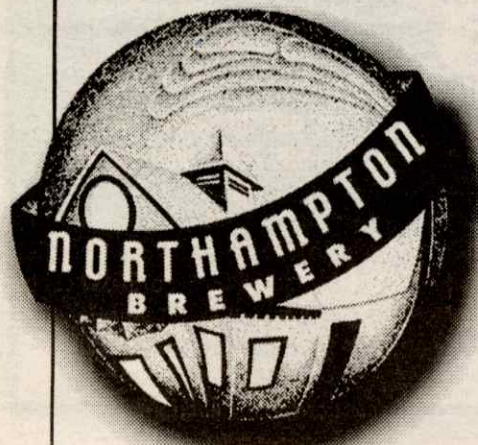
design work to date. Polly Byers' costuming, again deceptively simple, is quite solid. And the Gershwin tune for which the drama is named, as performed by Ella Fitzgerald and mixed by sound designer M. Anthony Reimer,

StageWest presents *Someone Who'll Watch Over Me* through February 19, with performances Tuesday through Sunday. For tickets, call (413) 781-2340.

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COMMUNITY CALENDAR

ART EVENTS/EXHIBITS

Recent paintings, drawings, and photos by Trace Meek are currently on display at Rao's Coffee Roasting Company (253-9441) and at The Raw Carrot (549-4240) in Amherst.

Ansel Adams Photographs: Yosemite and the National Parks is currently showing at the Mount Holyoke College Art Museum (538-2245).

The Smith College Museum of Art (585-2770) will be open for extended hours this winter. The museum is currently featuring *Early American Illuminated Manuscripts from the Ephrata Cloister* from January 26 - March 19. The George Walter Vincent Smith Museum (739-3871) is currently featuring an exhibit from the **Royal Armouries in London** including pistols, bayonets, rifles, and muskets dating from the early 1700s.

Images from My Mind, oil paintings and pastels by artist Deirdre Tanton, will be on display until February 28 at the Montague Book Mill (367-9206).

The Arno Maris Gallery at Westfield State College (588-3311) presents *Refigured Drawing*, an exhibition of large-scale figurative drawing featuring the work of New England artists, through March 8.

Augusta Savage Gallery at the University of Massachusetts presents a collective art exhibition entitled *Power of the Spirit* on display from February 2 - March 1. Contact Elisha Fernandes at 545-5177.

Zone Art Center (732-1995) in Springfield presents **6 Perspectives**, an exhibition featuring the work of six artists chosen from Zone's Open Art Exhibition.

Kaiso, an exhibit of dye transfer photographs with incorporated text by artist Mihoko Yamagata, is currently showing at the Hampshire College Film and Photography Gallery. Call 582-5447 for a complete exhibition schedule.

Forbes Library Gallery (586-0489) presents the work of two local photographers, Frank Eaton and Nick Shaw, through February.

Mead Art Museum (542-2335) at Amherst College explores the moral courage of Europeans who sheltered Jews during World War II in the exhibit *Rescuers of the Holocaust: Portraits by Gay Block*, on display through February 26.

The Student Union Art Gallery (545-0792) at the University of Massachusetts is currently featuring the exhibit *A Taste of Tapestry*.

American landscape painter George Inness is being featured at the Mount Holyoke College Art Museum (538-2245) through March 17.

Watercolors and prints by Jeremiah Patterson will be on display at Hart Gallery at the Guild Art Centre through March 11. An opening reception will be held February 9 from 5:30 - 7:30 p.m.

Local oil paintings by E. "Pat" Molloy are on display at the Pahana Gallery (584-2727) in Northampton. An opening reception will be held February 10 from 4 - 6 p.m.

Artist Margot Torrey's work will be on display at Joel McFadden Designs (772-1003) in Greenfield through February.

Imperfect, an exhibition featuring the work of eight internationally known artists, will be on display at Hierter Art Gallery (545-0976) at the University of Massachusetts February 9 - April 15. An opening reception will be held February 9 at 4 p.m.

Smith College Museum of Art presents

Deadline for calendar submissions is the Monday one week before publication. Please direct all material to **Calendar Editor, Optimist Publications, 13 Old South St., Northampton, MA 01060.**

ShackWorks, A Sixteen Year Survey by artist Beverly Buchanan February 9 - April 16. An opening reception will be held February 9 at 4:30 p.m.

Hampden Gallery (545-2804) at the University of Massachusetts presents *My Life in Neon* by artists Pacifico A. Palumbo and Michael J. Collins February 9 - March 7. An opening reception will be held February 9 from 5 - 7 p.m.

Bolger Arts Center (496-3279) at Northfield Mount Hermon is featuring the exhibit *Dialogues with Nature* by artist James Florschutz February 9 - March 11.

The Leverett Crafts and Arts Center (548-9070) presents its *Residents Winter Exhibition* at the Barnes Gallery through February 28.

The Lantern (448-8772) in Pittsfield and Art Independent presents an **exhibition featuring the work of Williamstown artist Brigita Fuhmann** from her *Dance Impressions* series. The exhibit runs through February 28.

An exhibition featuring **New England artists** is on display at the Springfield Museum of Arts (739-3871) through April 3.

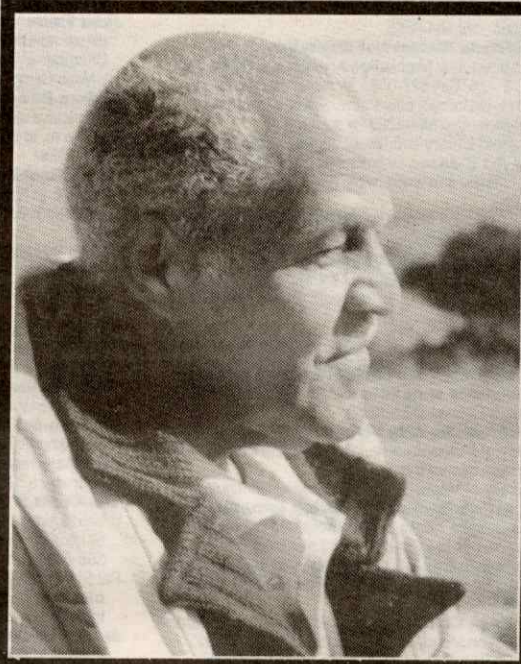
Berkshire Artisans Gallery (499-9348) in Pittsfield presents *Drafts and Currents*, a winter drawing show, from February 2 - 28.

Monoprints and paintings by area artists Anita S. Hunt, David Rogers and Alaina Snipper are to be featured at the Artspace Gallery in

Greenfield. The exhibit opens February 3. Call the Arts Council of Franklin County (772-6811) for details.

Recent works by Jane Seidlitz will be on display at the Burnett Gallery (247-0049) at the Jones Library through February.

Color photographs from the Graves Farm Sanctuary by artist Neil Hammer will be on display at the Holyoke Community College Gallery (538-7000, ext. 485) February 6 - March 2. A reception will be held February 15,



World-Class Poetry

Poet, lawyer, teacher, and translator Samuel Allen will read some of his legendary poetry at the Augusta Savage Gallery on February 14 at 7 p.m. Born in Ohio, and educated in the United States and Paris, Allen has lived in France, Germany and Mexico. His travels in Africa led to his first book of poems, *Presence Africaine*, and his subsequent work has appeared in numerous anthologies. Known also as Paul Vesey, Allen has an impressive literary vitae that includes *Ivory Tusks*, *Paul Vesey's Ledger*, and *Elfenbeinzahne*, a bilingual collection of his poetry. His poem *Harriet Tubman aka Moses* has been permanently installed in a Boston subway station. Allen currently lives in Boston writing, working as a translator, and the editor of *Poems from Africa*.

4 - 6 p.m.

Three area **craftspeople will discuss and display their work** at the Springfield Museum of Fine Arts (739-3871, ext. 459) February 13 from 1 - 3 p.m.

Wheeler Gallery (545-2804) at the University of Massachusetts presents *The Fine Art of Consciousness* by painter John Kusnierz February 13 - March 1. An opening reception will be held February 13, 5 - 7 p.m.

A selection of prints and drawings of the **French artist Eugene Delacroix** is currently on display at the Sterling and Francine Clark Art Institute (458-9545) in Williamstown.

The Worcester Historical Museum (508-753-8278) is offering several lectures and workshops for adults and children through February.

The Northampton Arts Council (586-6950) presents the artwork of **Northampton artist Helen Chester** through February in a new exhibition space on the second floor of City Hall.

The Connecticut Valley Historical Society (739-3871) presents an exhibition on **Pilgrims and Adventurers** at the Springfield Library and Museum through the end of March.

Travel to the **Art Show of the Art Dealers Association of America** in New York with the Springfield Library and Museums Association on February 25. Call 739-3871 for more information.

The Worcester Art Museum (508-799-4406) presents *Insights: A Distant View*, an exhibition of traditional landscape by six artists through February 26.

The Fitchburg Art Museum (508-345-4207) is featuring several exhibits including *Paintings from the Tombs and Temples of Egypt* through March.

Recent acquisitions of the **Williams College Museum of Art** (597-2429) in Williamstown will be featured at the museum through March 12. The exhibit includes works by Cindy Sherman, Andy Warhol, Lynda Benglis, and Robin Winters.

The Connecticut Valley Historical Museum (739-3871) has opened a new gallery dedicated to the significant role that greater Springfield played in the development of the firearms industry.

Exhibitions currently on display at the Worcester Art Museum (508-799-4406) include *Will Barnet: American Master Printmaker* and *Mexico: a Landscape Revisited*.

Call Mead Art Museum at Amherst College (542-2335) for a complete schedule of exhibitions, gallery talks, and special programs.

The Smith College Museum of Art offers a wide variety of exhibitions, workshops, and other events. Call 585-2760 for a complete listing.

For a complete listing of **events for children and adults** at the Berkshire Museum in Pittsfield call 443-7171.

For a listing of **films, demonstrations, and exhibitions** at the Museum of Fine Arts, Boston, call (617) 267-9300 ext. 448. A Willem de Kooning exhibit, *The Hirshorn Museum Collection* runs through February 19.

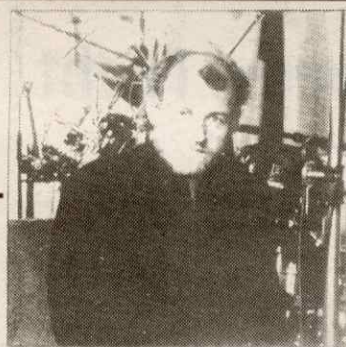
The New England Art Therapy Institute (256-6006) in Sunderland is sponsoring an art-making journey into ancient and sacred places in Oaxaca, Mexico from March 5 - 10.

CHILDREN/YOUTH

The Hitchcock Center for the Environment (256-6006) is featuring a wide variety of programs for children through February. Workshops include *Mask and Puppet Making for Kids of Earth 2002 - A Circus, Tarantulas and More!*, and *Birds in Their Habitat*. The Children's Museum (536-7048) in Holyoke presents *Sea Monsters: Dinosaurs of the Deep* through April 22.

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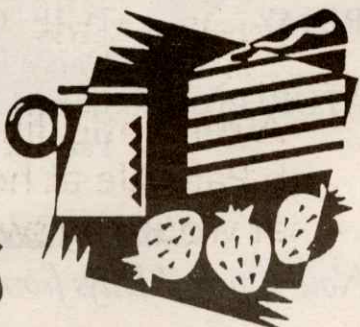
JOE COCKER
MARCH 14TH

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COMMUNITY CALENDAR

The museum also hosts a wide range of children's activities on a regular basis.

The Berkshire Museum (443-7171) has a variety of **programs for children**. Register now for a **Creative Writing Workshop for Kids** facilitated by Anna Kirwan-Vogel. For information call 584-5264.

Small Fry Day is every Friday morning from 9:30 a.m. - noon at the **Children's Museum** in Holyoke (536-7048).

Boston's Museum of Fine Arts offers **youth group visits** and guided tours by appointment. Call (617) 267-9300 ext. 310, Monday - Thursday from 9 a.m. - 4 p.m. Call the Children's Room (739-3871) at the Springfield City Library for dates and times of **story hour** for children.

A **pottery class for children** meets Thursdays 3:30 - 5 p.m. at the Leverett Crafts and Arts Center. Call Donna at 259-1505.

Whizbang Theater Arts Programs is providing acting training for young people ages 8 - 18 at the Munson Library in South Amherst. Call 367-2658.

Meet Winnie the Pooh at the Children's Museum in Boston February 11. Call the museum's What's Up Line for hours, exhibits, and weekly activity listings at (617) 426-8855.

For a complete schedule of programs for children and families, and a listing of **programs offered during February school vacation**, call the Berkshire Museum (443-7171) in Pittsfield.

The Springfield Library and Museums Association (739-3871, ext. 312) offers several **studio art classes for children**.

Second Degree Blackbelt Nancy Rothenberg offers a Youth Empowerment and Safety (Y.E.S.) program for children ages 6 - 12 in Amherst and Hadley. Call 585-1661 for details.

Aristar Calendar Company, in cooperation with the Children's Wish Foundation International, has launched a **national contest to select youngsters** to be showcased in a 1996 "Kids" calendar. For more information call (212) 986-4450.

CLASSES/WORKSHOPS

New England Air Connection is offering a **private pilot ground school class** beginning January 25. Call 584-1860 to reserve a seat.

The Sleeveless Theatre announces a new session of **Comedy and Improv classes**. Call 584-6211 for times, locations, and registration information.

The Double Edge Theatre in Ashfield will be holding a **training seminar on theatrical performance**. Call David Flaxman at 628-0277 for details.

Introduction to Re-evaluation Counseling for Jews workshop will meet in February and March at Temple Israel in Greenfield. Call Julia at (413) 863-3767 for additional information.

Join theater specialist John Fiscella on February 9 for a free, **introductory class on movement and monologues** at the Performing Arts Division of the University of Massachusetts. For information call 545-0519.

Arcadia Nature Center and Wildlife Sanctuary (584-3009) is offering a three-day workshop, **What is Environmental Education**, beginning February 21.

Author Janet Ruhl presents an all-day seminar *Write — and Sell — Your Non-fiction Book* on February 25 in Amherst. Call 548-9948.

An **introductory Genealogy Workshop** will be offered February 27 at the Connecticut Valley Historical Museum. Call 739-3871, ext. 312.

Join a Monday morning or Tuesday evening **writing workshop** in Northampton with writer/translator Ellen Watson.

For information call 369-4414

A **writing workshop with Jay Ladin** (256-6965) continues in Amherst.

Published poet and short story writer Bella Halstead welcomes beginning and experienced writers to her Wednesday morning creative writing workshop. Call 256-6454 for details.

Longmeadow Writers and Artists offers Creative Writing for adults and children led by Barbara Cramer. Call 567-8457.

Creative writing workshop sponsored by Amherst Writers and Artists will be led by author Peggy Gillespie on Tuesday evenings and Thursday mornings in the Amherst area. Call 256-0502.

Amherst Writers and Artists announces a new creative writing workshop in South Deerfield led by Kate Nugent. Call 665-2615 to register.

Writer Anna Kirwan-Vogel offers evening creative writing workshops in Northampton. Call 584-5264.

Poet, novelist, and short story writer Leslie Newman will offer a one-day publishing workshop for women called *How to Get What You Write, Read*. For more information, call 584-3865.

A **Virgin Island Watercolor Workshop**, St. John U.S.V.I., offered by Marcia Reed-Hendricks, will be held March 18 - 25. Call 527-0883 for more information. The Guild studio school offers several **art classes** in Northampton. Call 584-3299 for a schedule.

The Springfield Library and Museums Association presents **Winter Art Classes** for adults and children including several classes and workshops. For a complete listing call 739-3871.

For more information about the **Mudpie Potters Co-op** and their class offerings, call Donna Gates at 367-0047.

The One Cottage Street School of Fine Woodworking (527-8480) in Easthampton is offering ten-week classes and one-day seminars for beginning and intermediate woodworking.

DBS Consulting Services (772-2526) in Greenfield offers several **computing classes**. Call for a schedule. For a complete listing of **technical training programs and computer workshops** at Springfield Technical Community College (781-1317).

Call the **Performing Arts Division** (545-0519) at the University of Massachusetts for a complete listing of events and classes offered this spring.

The University of Massachusetts Division of Continuing Education (545-2414) will offer **spring semester classes** in languages, health, food, fitness, art, photography, writing, and business and financial planning.

A one-day **workshop on coaching and teambuilding skills** will be offered in Springfield on March 3. Call (800) 873-7545.

Iyengar Yoga Classes are offered at Blue Moon Studios (369-4456) on Monday mornings in Conway Center.

The Leverett Recreation Commission presents **Yoga Classes** every Tuesday night at the Leverett Town Hall. Call Susan Valentine at 548-9810.

The Northampton Yoga Center (585-5728) offers **daily yoga classes**, ongoing workshops, yoga therapy and counseling.

Yoga, with mixed levels and challenging classes, takes place in Northampton. Call Ruth Ann Lundeburg at 586-3259.

The Holyoke Literacy Tutor/Mentor Program is offering a training session for those interested in becoming volunteers in the program. Call the Greater Holyoke Chamber of Commerce (534-3376) for more information.

The Continuing Education division of the University of Vermont (802-257-3004) is offering **non-credit courses** for the month of February. Subjects include Buddhism,

Astrology, and Typography.

B'Nai Israel (584-3593) in Northampton is offering several adult education classes.

Valley Women's Martial Arts, Inc. (527-0101) offers ongoing beginner classes for new students starting the first full week of every month, as well as other classes.

DANCING

The **Smith College Department of Dance** (585-ARTS) will present its MFA Thesis Concert February 9 - 11 at 8 p.m.

Celebrate Life, a dance party to benefit the Massachusetts Breast Cancer Coalition Pioneer Valley Region (585-1222) will be held on February 10 from 8 p.m. - midnight at Smith College.

"Danse Afrique", a night of Pan-African music, dancing, and food, will be held on February 11 from 9 p.m. - 2 a.m. at the Northampton Center for the Arts (584-7327).

WRSI DJ Jukebox John Hayman will pay tribute to African-American musicians on February 18 at the Northampton Center for the Arts (527-8030).

John Fuller and the Swiftkick band will perform at the dinner and hoedown sponsored by the Amherst Area Chamber of Commerce (253-0700) on February 24 at the UMass Campus Center.

Modern Dance Classes are being offered for adults on Thursdays at 7:15 p.m. and for teens on Saturdays from 10 - 11 a.m. at the Barn Studio in Amherst. Call Ellen Caz at 253-7559.

Swing Dancing is offered at the American Legion Hall, Post 28, in Northampton Wednesdays from 8 - 11 p.m., with free instruction from 7 - 8 p.m. Call 527-5088 or 584-5519.

Swing Dancing is offered the third Saturday of every month at the Northampton Center for the Arts (253-7044) from 8:30 - 11:30 p.m., with a beginner workshop given at 7:30 p.m.

The Crescents will perform at a "Sweetheart Dance" at the Parwick Center in Chicopee on February 11 from 8 p.m. - midnight. The dance is a benefit for the Adoption Resource Center at Brightside. Call 788-7366, ext. 4315 for reservations.

Alla Osipenko of the Russian Kirov Ballet will be spending five weeks teaching classes for students and company members of the Hartford Ballet beginning February 8. Call (203) 525-9396.

The Contact Improvisation Dance Jam will be held Wednesday evenings from 8 - 10 p.m. at East Street Studios in Hadley. Call Rachel at 584-7963 or Joann at 586-6384.

Pat Schryer will teach an **Intermediate Modern Dance class** on Thursdays in Northampton from 7:30 - 9 p.m. through the month of June. Call 585-0725 for more details.

Amherst Leverett Community Dance (253-2783) will offer classes in **Middle Eastern Belly Dance, Modern Dance, Tai Chi, and Musical Exercise** through March 31 at Leverett Crafts and Arts.

EVENTS

Arcadia Nature Center and Wildlife Sanctuary (584-3009) will hold a program to observe the behavior of **Bald Eagles** at the Quabbin on February 11 from 10 a.m. - 4 p.m.

The Amherst Astronomy Association conducts **public planetarium shows** at 4 p.m. every Saturday in February at the Amherst College Bassett Planetarium (256-6234).

The "Then and Now" Auction will be held on February 11 at the Red Barn at Hampshire College. The viewing starts at 1 p.m., the reception is at 6:30 p.m., and the auction starts at 7:30 p.m. Call 253-0700.

There will be a cocktail party and tour of the **Words and Pictures Museum** on February 13 from 5 - 7 p.m. Call the Chamber of Commerce at 584-1900.

The Swift River Inn (634-5751) in Cummington will hold the **Bill Koch Ski Race** on February 12 and the High School State Championship on February 15.

Rosita Argo will participate in a panel discussion about **medicinal plants and herbal healing** at 7:30 p.m. on February 16 at Smith College (585-2190).

Robert Olson will give two afternoon magic shows at **Historic Deerfield** (774-5581) on February 19. Open hearth cooking classes are offered on Saturday mornings.

Jose Gonzales and friends will provide music at the **Guest Chef Dinner** at La Veracruzana (584-7327) at 8 p.m. on February 21. Chef Umni Afkin will be the guest chef.

Former Smith College President Jill Ker Conway will be the keynote speaker at Smith College's annual **Rally Day** celebration on February 22 at 1:30 p.m. Three Smith alumnae will be honored for their service to their community. Call 585-2190.

GLB EVENTS/INFO

To give or receive information about gay, lesbian, or bisexual events, resources, counseling, 5-college groups, and announcements call **LAMDA**, the UMass Program for GLB Concerns at 54-LAMDA (545-2632).

The UMass Program for Gay, Lesbian, and Bisexual Concerns (545-4824) seeks UMass graduate and undergraduate students with workstudy for positions in the program.

Blatant, is a monthly newsletter of events at UMass and in the area gay community. Call 545-4824 for subscription information.

The Pioneer Valley Gay Men's Chorus is open to new members and is having an exciting 1994 - 1995 season. For additional information call 586-1775.

LEAH (Lesbian Education And Health, 586-2016) offers free comprehensive physical exams, mammograms, and breast health education to lesbians.

A Discussion/Support Group for Gay and Bisexual Men meets Fridays 7:30 - 9 p.m. in Northampton. Call 585-5819.

LifeCourse Counseling Center (253-2822) in Springfield offers various support groups for lesbian, gay, and bisexual needs, as well for those unsure of their sexuality.

Pioneer Valley Gay, Lesbian, and Bisexual Youth Project (584-4213) welcomes new members. There is a Northampton-based teen support group (under 21) and a mentor program.

Out Now Teen Group of Springfield, a support, educational, and recreational group for gay, lesbian, bisexual teens, or those questioning their sexuality, meets Fridays 3:30 - 5 p.m. in Springfield. Call LifeCourse Counseling Center at 253-2822.

The Lesbian, Gay, and Bisexual Studies Lecture Series presents Allen Young who will speak on *Assessing 25 Years of Gay Liberation* on February 8 from noon - 1:30 p.m. at UMass. Call 545-4824 for more information.

Amherst Area PLFAG will meet on February 14 at 7:30 p.m. at the Grace Episcopal Church in Amherst (256-4928).

Richard Burd will present *If I Ever Lose My Faith In You: Idols, Saints, Celebrities, Martyrs, Men, and Other Disappointments* from noon - 1:30 p.m. on February 15 at UMass (545-4824).

4 Big Girls, an African-American Lesbian comedy group specializing in performance that dispels many of the myths about women-of-size, will be performing *Around the Table* at 8 p.m. on February 18 at UMass (545-4824).

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COMMUNITY CALENDAR

Gay Night on February 20 at Katina's will feature a **Hot Bod & Drag Contest** with cash prizes for men and women. The contest is a benefit for the Family Planning Council's AIDS Services (1-800-696-7752).

Lloyd Pratt will present **Stonewall 25** on February 22 from noon - 1:30 p.m. at UMass (545-4824).

The **UMass Speaker's Bureau** (545-4824) will be holding new member training on February 7 and 15 from 6:30 - 9 p.m. New and returning member orientations will be held on February 9 and 13 from 5:30 - 7:30 p.m.

February 27 is **Underwear Night** at Katina's. Wear your underwear where it can be seen to receive drink specials all night at this benefit for the Family Planning Council's AIDS Services (1-800-696-7752).

HEALTH / BODY

The **Everywoman's Center** at UMass (545-0883) offers support groups including women and body image, re-entry women students, chronic illness, rape survivors, child sexual abuse survivors, and an Asian women's support group.

Dr. Kevin Murray will discuss the ways in which **naturopathic medicine** and acupuncture can help people with Chronic Fatigue Syndrome on February 15 from 7 - 8:30 p.m. at River Valley Health Associates in Hadley (585-1511).

The Sirius Community is sponsoring a **spiritual growth support group** involving meditation, emotional sharing, energy clearing skills, and chanting that meets Tuesdays at 7 p.m. in Amherst. Call Joyce-Arga Gerrish at 259-1829.

AIDS Allies (747-5144) offers support groups for people who are HIV-positive or living with AIDS. All support groups, which are free and anonymous, are held in Springfield.

Blood Donors are invited to help alleviate the blood shortage in the region by giving blood at Holyoke Hospital's Blood Bank (534-2591).

Mercy Hospital in Springfield will give **gift certificates to McDonald's** to everyone who donates blood in February. Call 748-9511 to schedule an appointment in advance.

Palmer House Healthcare (283-8361) holds an on-going **Alzheimer support group** which meets the last Wednesday of every month from 1:30 - 3:30 p.m.

A **Chronic Fatigue Syndrome Support Group** will be facilitated by Carole Pothier at Holyoke Hospital (533-7695) on the first Tuesday of every month.

The **Spinal Cord Injury Support Group** at Mercy Hospital is open to spinal cord injury survivors and their families and will meet the last Wednesday of every month. Contact Maggie Wynne at 748-6892.

Mercy Hospital (748-9080) offers a **Breast Cancer Support Group** on the first and third Tuesdays of each month from 6:30 - 8 p.m.

Mercy Hospital's **LIFE (Living is Feeling Exceptional) Cancer Support Group** will meet on February 14 and 28 and on the second and fourth Tuesdays of each month from 6:30 - 8:30 p.m. Call 748-9080.

The next meeting of the bimonthly **Chronic Pain Support Group** will be on February 22 from 12:30 - 2 p.m. at Mercy Hospital (748-7486).

A **Head Injury Support Group**, facilitated by Joanne Sullivan (748-6990), will be held every fourth Wednesday of the month.

Mercy Hospital sponsors a **Vestibular Disorders Support Group** held on the last Wednesday of every month at 7 p.m. Call Lois Osetek 748-6840.

A **Stroke Support Group** is facilitated by Mollie

Braverman on the fourth Monday of every month from 7 - 9 p.m. at Mercy Hospital. Call 748-6800.

Mercy Hospital will offer a series of **diabetic education programs** from February 13 - 16 at 2:30 p.m. Call 748-9024 to register.

Cooley Dickinson Hospital (582-2421) will sponsor an **"Auxiliary and Volunteer Fair"** on February 15 from 2 p.m. - 4 p.m. for anyone 14 years of age or older who wishes to become a volunteer.

Free hearing screenings and hearing aid checks will be held on various dates throughout the month of February in Longmeadow, West Springfield, Westfield, Agawam, Springfield, and Chicopee. Call 748-9704 for exact locations, dates, and times.

Registered Dietitians from the American Institute for Cancer Research will answer questions regarding diet, nutrition, and cancer from 9 a.m. - 5 p.m. on a toll-free nutrition hotline (1-800-843-8114).

An eight-week workshop series, **"Weight Management for Life"** is in progress at Holyoke Hospital (534-2599).

AIDS Care of Hampshire County (586-8288) is looking for volunteers to assist people with HIV/AIDS living in the Northampton and Amherst area. People living with AIDS/HIV are also invited to call and inquire about how AIDS Care can serve them.

Holyoke Hospital offers **parent education classes** at its Birthing Center (534-2700) including prepared childbirth, breastfeeding, pre- and post-natal exercise, a sibling class, and a support and education group for new mothers.

Mercy Hospital (748-9610) offers **"Better Breathers,"** a monthly support group for people with lung disease

and their families. The next meeting will be on February 22 and the group will continue to meet on the fourth Wednesday of every month from 1 - 3 p.m.

LECTURES

Nicolai Cikovski will give a lecture entitled, **"George Inness: Sense or Sensibility"** as part of the opening reception for the exhibition *George Inness: Presence of the Unseen* on February 8 at 7 p.m. at the Mount Holyoke College Art Museum (538-2245).

Roger Grette, former backcountry ranger and resident of Moab, Utah, will speak on **"Exploring the Backcountry of the Colorado Plateau"** on February 9 from 7 - 8:30 p.m. at the Hitchcock Center (256-6006).

The **Rev. Dr. John R.W. Scott, a British evangelical preacher**, will speak on the topics "Contemporary Changes: A Christian Call to Radical Nonconformity" at 4 p.m. and "The Human Quest for Meaning: Christ's Response to Our Highest Aspirations" on February 9 at 7:30 p.m. at Amherst College. Call Paul Sorrentino at 665-4436.

Naturalist Penny Worman will show **slides from a trip to Haiti** at the Hitchcock Center (256-6006) on February 10

from 7 - 8:30 p.m. Patricia Turner, who studies the cultural misunderstandings revealed and perpetuated by rumors, will give an informal talk entitled **"Rumor in Black and White"** on February 10 at 4 p.m. at Smith College.

Hugh Price, President and CEO of the National Urban League, will deliver a public lecture entitled **"Toward the Inclusive**

Society" on February 14 at 7 p.m. at Amherst College (542-2321).

Botanist Anne Hazard will present her **slides from the Galapagos Islands** at the Hitchcock Center on February 16 at 7:30 p.m. Her show will feature tortoises, iguanas, sea lions, and blue-footed boobies.

Congregation B'nai Israel's Judaica Seminar (584-3593) will present Dr. Hannah Kliger on "Exploring the Meaning of Memory for Holocaust Survivors and their Families" (February 8), Dr. Larry Fine with "Where are you Mrs. Luria? In Search of Women Kabbalists" (February 16), and Dr. Jonathan Lipman presenting "Another Assimilation: The Jews of China." All lectures begin at 7:30 p.m.

Ruth and Richard Hooke will share their experiences of traveling through Haiti with a **Witness for Peace Delegation** on February 12 from 3 - 5 p.m. in Amherst. Call 773-7427.

Sonia Krus will give a works-in-progress talk entitled **"Women's Experience: A Useful Concept for Feminism?"** on February 13 at 4:30 p.m. at Mount Holyoke College (538-2022).

Rachel Joffe Falmagne will give a talk entitled **Toward a Feminist Theory of Inference** on February 14 at 7:30 p.m. at Mount Holyoke College (538-2022).

Elle Hisama will speak on **Gender and Modernism in the Music of Marion Bauer and Ruth Crawford Seeger** on February 21 at 7:30 p.m. at Mount Holyoke College (538-2022).

Marion Pritchard, a rescuer featured in the exhibition "Rescuers of the Holocaust," will present **"Rescue in the Netherlands"** on February 12 at 3 p.m. at Amherst College (585-2754).

Professor Raul Hilberg will address **"The Jews and Their Neighbors During the Holocaust"** on February 16 at 4:15 p.m. at Smith College and will also speak on "The Destruction of the European Jews" on the same day at 7:30 p.m. at Amherst College (585-2754).

Rabbi Yechiel Lander will give a gallery talk about **"Rescuers of the Holocaust"** on February 21 at 12:15 p.m. at the Mead Art Museum (585-2754).

Professor Ervin Staub will speak about the psychology of the rescuer movement in **"The Roots of Evil, the Roots of Caring: Perpetrators, Bystanders, and Heroic Rescuers"** on February 23 at 7:30 p.m. at Amherst College (585-2754).

Richard Ellis will speak about his unique journey into Judaism on February 26 at noon at UMass Hillel. Brunch, which will be served at 11:30 a.m., will serve as an opportunity for singles in their 20s and 30s to mingle. Call 739-4715 to register in advance.

MEETINGS/CONFERENCES

Meetings are being held on alternate Mondays by **The Solidarity Committee of Arise**, working for social justice in Central America and at home. Contact Margaret Molloy at 734-4948.

Paradise Film City Cooperative meets the second and fourth Tuesday of each month at Packard's in Northampton to discuss ideas among local film makers. Call Tony Bellotti at 256-4908.

A **support group for women** who are survivors of rape is now forming. The format will be open. For more information call Mary at 256-4175.

A panel discussion on **Medical Plants and Herbal Healing** is being held at Smith College (585-2700) on February 16 at 7:30 p.m. The discussion will be followed by a book signing. The next meeting of the **Oral-Facial Support Group**, sponsored by the Weldon Center for Rehabilitation at Mercy Hospital, will be conducted on February 14 at 7 p.m. Call

continued on page 38



Chocolate Lovers Unite!

Poets, scientists, and gourmands alike have long compared the thrill of eating chocolate to the euphoria of being in love. On the cusp of Valentine's Day, Cuisine Arts Productions will celebrate this amorous phenomenon with its second annual Chocolate Lovers' Festival. Featuring area restaurateurs, cooking schools, patisseries, candy-makers, and vendors creating and selling chocolatey concoctions galore, the festival promises to deliver two full days of indulgence, complete with demonstrations, live music, and edible sculpture. The festival will be from noon to 5 p.m. at the Yankee Candle Company in South Deerfield. For more information on the event, or to find out about weekend packages, call Gail Cleare at 665-8838 or Jane O'Connor at 339-5552.

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UMass HOOPS!

with **George Miller** — the **Voice of the UMass Minutemen**

After the Minutemen lost at George Washington 78-75 February 4, UMass associate head coach Bill Bayno, appearing on the postgame radio show, said simply, "We were proud to be there, but #1's been nothing but a big pain in the butt." For four solid weeks, the Minutemen had reigned atop the Associated Press Top 25 college basketball poll, but saw their top ranking and 16-game winning streak (which tied a school record) evaporate against a fired-up, undaunted GW squad which is now 11-2 all-time against UMass in Washington.

The team's first loss in two months was foreshadowed by a string of events, most significantly the left hamstring injury suffered by center Marcus Camby in the win over St. Joseph's February 1. Camby will miss the balance of February, and UMass hopes to have him ready for the Atlantic-10 postseason tournament in early March, but his latest setback — caused by simply running down the floor, nothing else — underscores the fragility of the 6'11" sophomore, which nearly rivals his prodigious

talent. With only a few exceptions, UMass' offensive play during January was ragged and inconsistent. That fact may have been lost in the glare of a 33-point win over Penn and a 50-point blitz at Duquesne, the team's

Maybe a #1 ranked team shouldn't have to pull games out that way, but as long as they kept winning, who dared complain?


largest margin of victory in 21 years, but it was outstanding defense which really carried the Minutemen in most of their comfortable victories. During the long winning streak, there were also nail-biters and improbable finishes, including the "mother of all comebacks" at West Virginia. Less than two weeks after it happened, the Minutemen's overtime win, after trailing by 18 points with less than five minutes to play in regulation, has already become the stuff of local basketball legend. Maybe a #1 ranked team shouldn't have to pull games out that way, but as long as they kept winning, who dared complain?

Several different ingredients conspired against the Minutemen in the loss to George Washington: Camby's absence, the same old offensive struggles, numerous and unfamiliar breakdowns on defense, playing in

a building where they rarely win, facing an opponent which has proven itself completely unafraid (or at least unfazed) by whatever UMass throws at it. Oh, maybe the presence of the Chief Executive and the First Daughter had something to do with it, or maybe the new black road uniforms which, considering John Calipari's superstitious nature, might quickly end up in the nearest dumpster. Whatever the reason, realistic or frivolous, it's a hard fact that GW traditionally plays the Minutemen tougher than any other A-10 team, with the possible exception of Temple. Colonials' junior Kwame Evans (27 points), arguably

the league's most improved player since his freshman year, saw to it that UMass' bad streak in D.C. would continue.


On the one hand, the loss to GW is a major upset — isn't it always, when the alleged top-ranked team is picked off — but it also demonstrates the intensity and ferocity of the rivalries within the A-10. One only needs to look at the resurgence of St. Bonaventure, a faded Temple team which still manages to scare the daylights out of the Minutemen, a GW which beats UMass and bolsters its own chances for postseason play. Wearing the mantle of #1 is laborious, and you can make a good case that the Minutemen haven't gotten better since assuming the top spot and would just as soon be rid of it. But this much is clear after the last several weeks, and it speaks well for the Atlantic-10 in general. Those who regard your work from a distance might consider you the best. Those on your own block, who are infinitely closer, know you're just slightly better, if at all. ★



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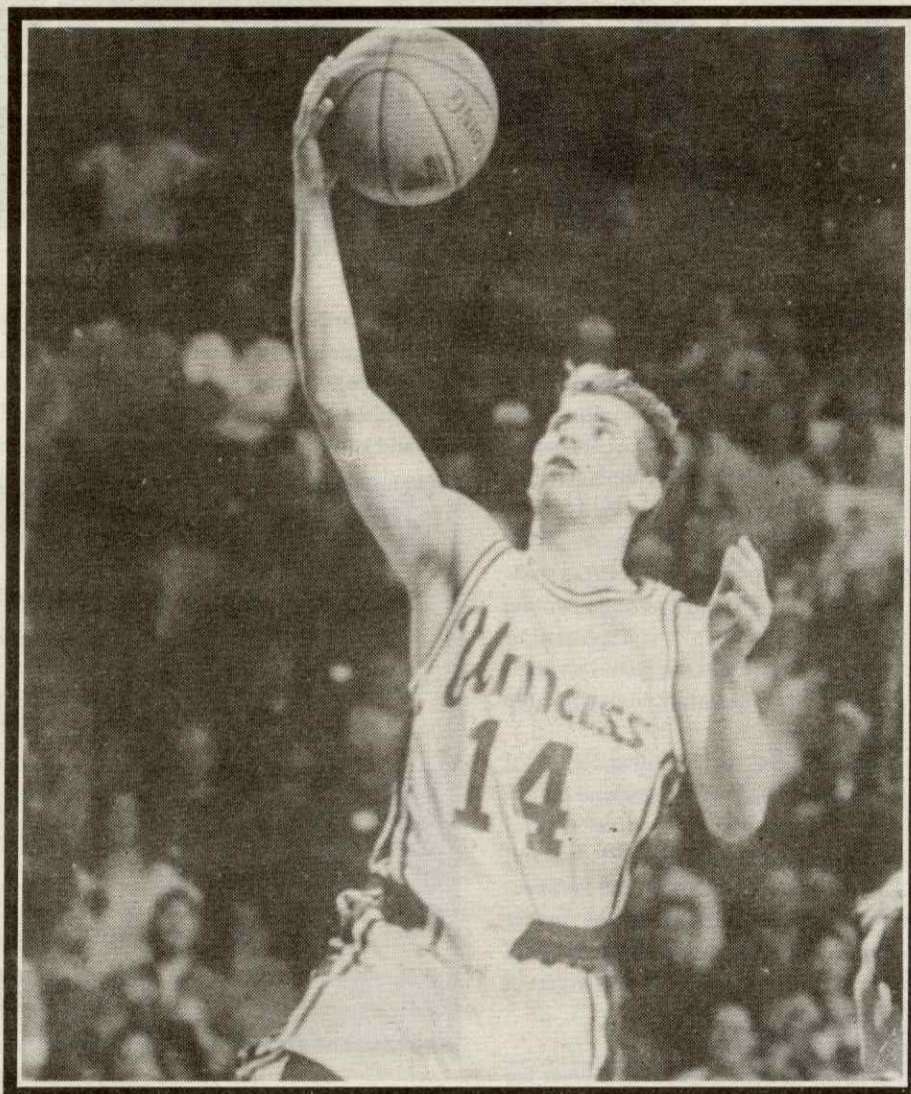
WHACK!

BIFF!

Vital Statistics on... Derek Kellog

6'1 190 LBS Senior Guard

- Born 6/20/73
- The only Minuteman to start all 35 games his junior year
- Was named to the Atlantic 10 All-Academic Team in both his sophomore and junior years.
- Was first on the Atlantic 10 All-Academic Team, '93-'94, in assists with 146 and second in steals with 43
- He is sixth on UMass' career assist list and needs 75 assists to become the fifth Minuteman ever to have 400 assists.
- He is currently serving as co-captain with Lou Roe for the second straight year, and is averaging 5.1 points and 2.7 rebounds in 87 career games.
- He has been UMass' floor leader for the past two seasons and is consistent in his performance on both ends of the floor.



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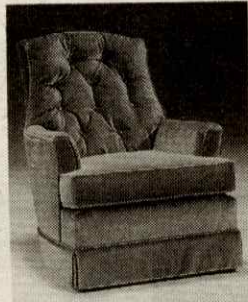
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by Chuck Shepherd

LEAD STORIES

A Tokyo company, Juonsha, recently began offering a mail-order curse kit, featuring a straw doll to represent the hexee, along with eight accessories, including nails, a curse manual, and a curse-blocking doll to ward off return curses. The company at first marketed to boys and girls bullied at school, but discovered the major market is women who hope to put spells on neighbors, in-laws, and husbands. Among the hints in the manual: "It is important to specify the kind of misfortune [you wish upon the victim].... It is important to imagine the unhappy scenes."

In Columbia, S.C., in December, Rev. Noel Vande Grift revealed plans to expand his 20-member [Richard M.] Nixon Memorial Church, a congregation blending Baptist and Quaker preachings. Vande Grift said the inspiration to name the church after the former president came during a prayer. He told reporters the church would be the largest in the South by the year 2010.

COURTROOM ANTICS

In Detroit in September, the lawyer for accused murderer Rondelle Woods, 23, delivered part of his closing argument to the jury in rap: "Went to a party, sweet 16, decided to stay on the scene ..." Woods was acquitted. But in Las Vegas in December, Eric Clark, 22, pleaded with the judge, in rap, for a light sentence: "I'm sellin' dope, and I was gettin' paid, too blind to see how I was gettin' played..."

He got 23 years.

In a St. Louis courtroom on Oct. 19, accused rapist Anthony Minor had his spirits temporarily lifted when the victim, on the witness stand and confidently assuring her attorney

for decisions in rape cases. In one case, Fiji's chief justice said that a teen-age girl would not suffer from her rape at knifepoint because, after all, she was sexually experienced. In another case, a judge freed six men who admitted to

having sex with a 15-year-old girl, saying that the girl was "well-built" and looked older.

In September, Pulaski, Tenn., juvenile court judge Robert E. Lee Jr., annoyed at defendant Heather Adams, 16,



Tobey

that her assailant was in the courtroom and that she could identify him, mistakenly pointed to a stranger seated close to the jury box. (Minor was not helped by the error, in that he had already admitted he had sex with the accuser but said that it was consensual.)

In November and December, three judges in Fiji came under fire from women's groups

honored the girl's parents' request and ushered them into a private office, supplied a six-foot-long bamboo reed, and permitted each parent to smack the girl eight times on her clothed bottom. Judge Lee said the parents had planned to spank Adams anyway, and that he supervised them so there would be no question of child abuse.

In an October trial in Corpus Christi, Texas,

involving alleged indecent activities by one man toward another in a men's room toilet stall, both the prosecutor and the defense attorney brought into the courtroom full-size models of that particular stall in order to demonstrate what did or did not take place.

In April, defendant Arthur Hollingsworth decided to waive his constitutional right of silence and to testify on his own behalf in his trial for armed robbery of a Houston convenience store. Despite Hollingsworth's previous recalcitrance, prosecutor Jay Hileman first got him to admit that he was in the store at the time it was robbed and that he was armed. Then Hileman asked, "Mr. Hollingsworth, you're guilty, aren't you?" Hollingsworth replied "No." Hileman pressed on. "Mr. Hollingsworth, you're guilty, aren't you?" Hollingsworth: "Yeah." Hileman said he had no further questions.

In June in Council Bluffs, Iowa, Christine Walker, 23, and Jeremy Buckels, 24, were found by police in a city park after its 10 p.m. closing and, after negotiating with prosecutors, decided to plead guilty and pay a fine. However, Walker feared a "trespassing" conviction on her record. The prosecutor arranged for the conviction to be listed as violation of a 1975 city ordinance making it illegal "to worry" black squirrels, which are the city's mascot.

COMPELLING EXPLANATIONS

The U.S. Postal Service rejected the last of

continued on next page

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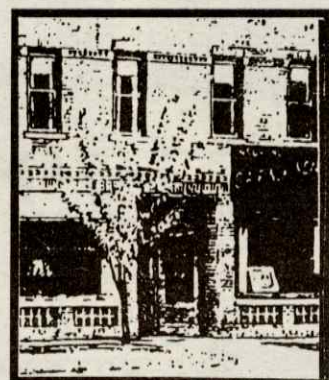
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NEWS OF THE WEIRD

a reported 200 complaints filed by Merrifield, Va., employee Bruce Henry and fired him in October. Henry had contended that a female employee's partly unbuttoned blouse was a distraction to other workers and could lead to missorted mail.

According to a Durham, N.C., police officer's testimony, Caron Magwood, 23, was insistent when arrested that everybody know he is a seller of cocaine. He was arrested in October and accused of selling fake crack cocaine but wanted to set the record straight because he feared more being killed by a customer who thought Magwood cheated him than being convicted of selling real drugs.

Leroy Byrd, 48, was convicted in November in Gloucester, Va., of illegally wiretapping his ex-girlfriend's phone. Byrd's defense was that the wiretap was necessary because he thought that a Richmond, Va., witch doctor, "Mr. Emmanuel," and the ex-girlfriend were preparing a hex against him and that he needed evidence so that police could take action.

In Kansas City, Mo., in June, Keith Smith, 26, was convicted of strangling and stabbing to death a minister, in whose house he lived, and his housekeeper. In a videotaped statement to the police at the time of the murders, Smith said the mayhem was caused by Chucky, the murderous doll in the movie *Child's Play*.

In Providence, R.I., Anthony S. St. Laurent, who is thought by police to be an organized crime leader, has prevailed in several court hearings to postpone his trial on charges that he ran a \$42 million local gambling ring. According to St. Laurent's lawyer, he is far too ill to stand trial, suffering from migraine headaches, high blood pressure, and dysfunctional rectal muscles, which necessitate his taking up to 40 enemas a day.

THE DEMOCRATIC PROCESS

Non-Whitewater news from Arkansas: In Eureka Springs, alderman candidate Louise

Berry died on Oct. 6, but her supporters continued to run ads against her opponent. On Nov. 8, because of the effectiveness of the campaign, Berry pulled out a narrow victory. In September, attorney general candidate Dan Ivy won his fight to stay on the ballot despite having been convicted of beating his wife two months earlier. Mrs. Ivy had helpfully made an audio recording of the beating: on the tape, Ivy appeared mainly concerned about recovering valuable coins his wife had put in a safe deposit box. After Ivy told her he wanted his coins, she reminded him it was Sunday and that the box was not accessible; during the remainder of the 30-minute tape, Ivy says "I want my coins" 76 more times. Ivy lost the election.

In August, Ohio gubernatorial candidate Billy Inmon collapsed and had to be hospitalized after a 27-day hunger strike outside the Capitol in Columbus. He was trying to get incumbent George Voinovich to debate him, but Voinovich never did. However, 18 days into the strike, a man protesting Inmon's anti-gay policies urinated on Inmon's tent, provoking Inmon to point a gun at him.

In May, Richard Finney, 34, flunked his driver's license exam in Topeka, Kan. The next day he returned to the exam office, accompanied by his mother, Gov. Joan Finney, who, according to a licensing employee, "was mad. She was real mad." After the governor scolded the examiners, Richard Finney was escorted to the front of the line and administered the exam again, by the supervisor of the office. He passed.

In the April election for city council in Ypsilanti, Mich., incumbent Geoffrey Rose turned over his voter list to student Frank Houston, 18, who had offered to help him get out the vote. Armed with the list, Houston went door to door and then won the election himself as a write-in candidate. He told

reporters afterward that he did not deceive Rose: "All I ever said all along was that I was going to get people to vote."

In Rice, Minn., Virgil Nelson and Mitch Fiedler, who tied 90-90 in the November election for a city council seat, settled the race by drawing cards. On the first try, both drew 8s, and on the second, both drew aces. Then Nelson drew a 7, and Fiedler drew an 8 for the victory.

In August, Mascotte, Fla., mayor Josh Thomas was arrested and charged with stealing nearly \$7,000 worth of dirt, over a period of several days, from a construction site.

Marion Barry, re-elected as mayor of Washington, D.C., after serving six months in prison on a 1991 cocaine possession charge, was assisted by the 75-felon-member Coalition of Ex-Offenders, who went door to door campaigning for him. According to organizer "Roach" Brown, the coalition members were especially helpful because they went into the toughest neighborhoods to register D.C.'s substantial criminal population, most of whom were unaware that a 1976 law gave them voting rights.

CLICHES COME TO LIFE

In April in Grand Junction, Colo., Ed Tucker bought his son a toy airplane made in Taiwan. When he unpacked it, he found a note in English written by a man who said he was being held prisoner and subjected to human rights abuses and begging someone to help him.

In December in Pittsburgh, Pa., two inmates escaped from Allegheny County Jail by tying bedsheets together and making a 200-foot rope, which they hung out a window and climbed down.

In June, Damian Michael Toya, 22, pleaded guilty to voluntary manslaughter in Albuquerque, N.M., for shooting his father to death. Toya claimed his father had long ridiculed him for being gay and unmanly.

According to Toya, the father's last words, when Toya pointed the gun at him, were, "You don't have the guts to do it."

Federal law permits victims' lawyers in civil rights cases, if they win, to have their fees and expenses paid by the losing party. Among the expenses that Rodney King's lawyers submitted to the City of Los Angeles for compensation were these: accompanying King to see the film *Malcolm X* (\$1,300); reading a newspaper article about the trial (20 minutes) (\$81.25); and attending King's 1991 birthday party (\$650). The total requested was \$4.4 million, more than King himself won in the lawsuit (\$3.8 million).

A month after Susan Smith said a carjacker made off with her two boys in Union, S.C., a man in Lubbock, Texas, jumped into Donna Robles' Dodge and sped off, probably unaware that her son, Ethan, 3, was strapped in the back seat. The car was found crashed two blocks away, with Ethan unhurt. Police speculate that Ethan's beginning to cry so startled the thief that he lost control of the car. He escaped.

MISCELLANEOUS ELOQUENCE

Memphis, Tenn., confessed murderer Willie Lee Davidson, 21, apologizing in court in September for his crime and telling everyone he and his accomplice are sorry for beating a woman to death and running over her with a car: "We aren't criminals. If we had gotten away with it, it would never have happened again."

Annette Green, president of an association of perfume and cologne manufacturers, on why some celebrity-named products sell well but not others: "As it turns out, people didn't necessarily want to smell like Cher."★

— Universal Press Syndicate

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COMMUNITY CALENDAR

748-6896

The Massachusetts NOW Legislative Committee is holding a meeting for anyone interested in planning legislative strategies and preparing lobbying materials for NOW's 1995 legislative year. Call 782-1056.

OUTDOORS

John Foster, an interpretive naturalist, will lead a **"Quabbin Exploration"** on February 11 from 9:00 to 1:00 p.m. at the Hitchcock Center (256-6006). Call to pre-register.

A workshop for anyone interested in the biology and protection of vernal pools will be held by **the Hitchcock Center** (256-6006). Additionally, a workshop is being offered for middle and high school teachers who are interested in setting up vernal pool investigation teams in their schools.

The Northfield Mountain Visitors Center (659-3714) is open for tours, historic exhibits, and has twenty five miles of hiking and nature trails.

OPPORTUNITIES

The North Adams State College swimming facility (662-5439) will be open to the public until May 21. Swimmers 16 years old or younger must be accompanied by an adult.

The International Language Institute of Massachusetts (586-7569) is looking for families in the Northampton area to host international students. The students stay from 4 - 12 weeks and are from various backgrounds.

Free English as a Second Language classes are being offered by the International Language Institute (586-7569) to residents of Franklin and Hampshire counties.

The deadline for the Historic Salem Cross Inn's **New England's Annual Best Two Crusted Apple Pie Fest** is February 10. Prizes could exceed \$4,500, including gift certificates, a weekend for two, cash, and more. Call 867-2345.

A Youth Empowerment and Safety Program is being offered to encourage children to trust their judgement in potentially harmful situations on Tuesdays from 3:30 - 5 p.m. at the Barn Studio (585-1661).

Airwalk Footwear is holding a **"Trust Your Judgement" contest** for Northampton teens that could reward up to \$50,000 in cash and prizes in Airwalk Footwear. Contact Greg Woodman at 677-1545.

Newly handcrafted Headcoverings are currently available at the Beth El Judaica Shop (567-5008). All proceeds from the shop sales go toward synagogue youth education and activities.

A 27-hour Lifeguard Training Course will be taught by certified instructors according to Red Cross standards. Call 256-4065.

The shops at Baystate West are **seeking new talent and established artists** and musicians for performances at the complex during the 1995 calendar year. Contact Susan Brown at 733-2171.

Amherst Leisure Services (256-4065) is offering a new aquatic aerobics program in February. Learning to swim Programs will also be offered for children and adults.

Thursday night volleyball will begin again at the Jewish Community Center in Springfield on February 9 from 7:30 - 9:30 p.m. Call Ella at 739-4715.

Tips for panicked parents of the college-bound have been published in a new book entitled **College Admissions: Crash Course for Panicked Parents**. Call 212-373-8258 for more information.

The Observatory at **Springfield's Science Museum** will be open for public sky gazing on February 10 at 8 p.m. Contact 739-3871.

The Cooley Dickinson Hospital (582-2421) is holding an

"Auxiliary and Volunteer Fair" on February 15 from 2 - 4 p.m.

The Amherst History Museum is looking for crafters of traditional and non-traditional crafts for a juried mid-June craft show and open house. Call 256-0678.

POETRY/PROSE

Writers in Progress presents a reading of poetry and prose at The Raven Used Book Shop (584-9868) on February 12 at 7 p.m.

PERFORMANCE

A concert entitled **More Music for Two Violins and Continuo** will be held at the Springfield Museum of Fine Arts (584-8882) on February 12 at 4 p.m. The concert includes works by Hellendaal, Sweelinck, Willaert, and the Trio with guest artist Jaap Schroeder.

The Harlem Globetrotters are coming to the "Birthplace of Basketball" on February 15 at 9 p.m. Tickets will be sold at the Civic Center Box Office and all Ticketmaster outlets. Call 733-2500.

Springfield's Stage West (781-2340) is presenting **Someone Who'll Watch Over Me**, by Irish playwright Frank McGuinness, until February 19.

High Note Productions presents **The Mystery Theater in "The Seance,"** with Madam Tammara Futura and Harry Whodunnit, on February 9 and 16. Call 737-5454 for reservations.

The Thomas Major Quartet will perform at the Inn at Charlemont on February 11 at 9 p.m. Call 339-5796.

Carol Channing will appear for one week at The Bushnell in a new production of Hello Dolly from February 14 - 19. Call 527-3123.

The Nields will play at Mt. Holyoke College in the Blanchard Student Center to benefit Womanshelter Companaras. The concert will be on February 8 at 8 p.m. Call 538-2153.

The tenth annual **All-Senior Honor Band** will be performing on February 11 at 7 p.m. in the Fine Arts Center at the University of Massachusetts. Call 545-0018.

The Full Moon Coffee House presents Donna Martin on February 18 at 7:30 p.m. The concert will benefit NELC/WIT (New England Learning Center For Women in Transition). Call Shirley White at 544-8457.

The Five College New Music Festival will be held in the Pratt Auditorium at Mount Holyoke College on February 10 at 8 p.m. The works performed will include those of Bester, Bonde, Edwards, Tarlow, and Tillis. Call 545-2227.

Mark Russell Smith, the third candidate for Music Director of Springfield's Symphony Orchestra, will perform in concert on February 11 at 8 p.m. For tickets call 733-2291.

"Love Terror" and "Beowulf" will be presented by Sequentia, ensemble for medieval music, at the Mead Art Museum (542-2195) at Amherst College on February 12 at 8 p.m.

The annual Silver Chord Bowl begins February 5 at 2:00 p.m. and will run every Sunday in February at the Academy of Music Theater. Contact Bob Cilman or Mary Kasper at 586-6950.

Eddie Pamieri will perform a jazz concert at the Zone Art Center on February 1 at 3 p.m. Call Brendan at 732-1995.

Russell Brooks will perform Melodic Hawaiian Reggae at the Fire and Water Cafe on February 6. For more information call 584-6531.

Beethoven's Piano/Cello Sonatas will be performed on February 11 at the Berkshire Museum (443-7171).

Valentine's Day Calendar

♥ **"If Music Be the Food of Love: English Courtly Love Songs"** will be performed by Musicians of the Old Post Road on February 12 at 3 p.m. at the Salisbury Mansion in Worcester. Celebrate Valentine's Day with the love songs and dialogues of Henry Purcell, as well as the vocal and instrumental works of his contemporaries. You'll be charmed by the powerful and eloquent expressions of Cupid's whimsy. Contact the Worcester Historical Museum at (508) 753-8278.

For nearly a century (from the late 1840s to the early 1940s) Worcester was the center of U.S. Valentine manufacturing. The Worcester Historical Museum will hold an exhibit, **Valentines!**, that will feature examples that span Worcester's Valentine history — from the work of the early Valentine makers to the Whitney Company valentines of the 1940s. The exhibit will run through March 15 in the Rockwell Gallery. Call (508) 753-8278.

♥ If you're looking for a *bovine* new way to ask your significant udder "cud you be mine?" Stonyfield Farm suggests that you **Adopt a Valentine's Day Cow**. You can give them a real, live adopt-a-cow, free of charge, by calling the "I Love Moo" line at 1-800-PRO-COWS. Each new adopter will receive a photo of their adopted dairy cow, a biography, a signed certificate, and a "moosletter" twice a year.

♥ Holyoke Hospital will present a special program titled **"Love for the Long Run,"** a one-hour seminar focusing on making the most of a long-term marriage on February 14 at 2 p.m. in the hospital auditorium. Presented by Tom Sawyer, a counselor, social worker and director of the hospital's CONCERN Employee Assistance Program, the program will explore issues that can revitalize a marriage. Call 534-2599 to preregister.

♥ **A Valentine Benefit Swing and Ballroom Dance** for the Amherst Survival Center is being held at St. Brigid's Parish on February 11 at 7:30 p.m. Entertainment will be provided by the Swingtime Sextet and a Swing dance lesson with Jacqueline Maidara will start at 7:30 p.m. Call 549-3968 for more information.

♥ **A Family Valentine Party and Spaghetti Dinner** will be held on February 11 at 5:30 p.m. at the North Congregational Church Parish Hall in North Amherst. Following the dinner at 5:30 p.m., there will be a family sing-along at 6:30 and contra dance at 7. Cindy Green will provide instructions and calling, while music will be played by Van Kaynor on fiddle and Ed Kayner on piano. Childcare and children's activities will be provided throughout the evening to give parents some time off. The proceeds from the evening will benefit Friends of Crow Hill. Call Susan at 256-6940 for ticket information.

♥ **A "Sweetheart Dance" to benefit the Adoption Resource Center at Brightside** will be held at the Parwick Center in Chicopee on February 11 from 8 p.m. - midnight. Entertainment will be provided by local favorites, The Crescents, and there will be hors d'oeuvres, door prizes, a raffle, cash bar, and more. For reservations call Pat Reilly at 788-7366, ext. 4315.

♥ The Hartsbrook School in Hadley is holding a **Valentine Craft Day for Families**. Children from ages three to eight years are invited to bring their parents for a day of craft and card making. The event will be held at the Ben Smith Building, 94 Bay Road on February 12 from 1 - 3 p.m. Reservations can be made by calling 586-1908.

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CTS: Relief At Hand

Carpal tunnel syndrome (CTS), a painful disorder of the wrist and hand, has lately been the subject of much publicity and even litigation, when injured workers have taken employers to court. CTS is one of many injuries caused by repeated strain, such as that produced by working long hours at a computer, and it's on the rise. Thousands of cases are diagnosed each year. One contributing factor, according to Dr. David Rempel of the University of California at San Francisco, is the ever-accelerating pace of work. New electronic technologies, rather than lightening the load, only increase the demand for getting things done in a hurry.

Deriving its name from the Greek *karpos*, or wrist, the carpal tunnel is the passageway, composed of bone and ligament, through which a major nerve system of the forearm passes into the hand. The carpal tunnel is like a cable for the median nerve and nine tendons. The nerve supplies sensation and controls the muscles in part of the hand, and the tendons allow the fingers to flex. The wear and tear of repeated movement may thicken the lubricating membrane of the tendons, increasing pressure inside the carpal tunnel and pressing the nerve up against the bone. This process, called nerve entrapment, can be caused not only by repetitive strain, but by bone dislocation or fracture, arthritis, diabetes, or fluid retention (as may occur

in pregnancy) — anything that narrows the tunnel and compresses the nerve and tendons.

This pain-in-the-hand used to be called anything from "writer's cramp" to "washerwoman's thumb." Carpenters, dentists, piano players, and any of those who work with their hands can get CTS. So can tennis and squash players and people who frequently use rowing machines or other exercise equipment. Women are far more susceptible to it than men because women tend to do the kinds of industrial, office, and domestic jobs that promote CTS — and their carpal tunnel space is smaller to begin with.

What are the signs? These include burning, tingling, and numbness in your hand that bother you early in the morning or awaken you at night. Indeed, nocturnal hand pain has been called the hallmark of CTS. Flexing your hand in your sleep or sleeping on it may aggravate the discomfort. If you need to take aspirin or another pain reliever in order to keep working, that should be a signal to see a physician. If left untreated, the tingling and numbness can progress to a weakened grip and severe pain in the forearm or shoulder. By all means, get medical advice before this happens.

TREATING CARPAL TUNNEL SYNDROME

CTS should not be difficult to diagnose for a doctor experienced in this kind of injury, but you may still need to go to a neurologist for an electrodiagnostic test, which checks the nerve's ability to transmit impulses. You and your doctor should figure out what activity is causing CTS and try to alleviate the causes. If your condition is mild, wearing a splint at night may be all you need. Your doctor may prescribe a period of rest and advise you to avoid anything that might constrict small blood vessels in the hands, such as caffeinated beverages or smoking.

Anti-inflammatory drugs such as aspirin or ibuprofen and/or injections of cortisone can help. Icing the wrist can relieve pain. If nerve injury or muscle damage progresses, surgery may prove advisable. Surgery is usually successful in restoring full hand function unless the condition has been present for several years.

The marketplace is full of devices — wrist braces, back rests, wrist rests, forearm supports, wrist trolleys, and fingerless gloves — that supposedly head off CTS or help correct it. But there's no evidence, except testimonials, that any of them are worth much. Dr. Steve Johnson, Professor of Industrial Engineering at the University of Arkansas, thinks that wrist supports may actually decrease circulation to the wrist, or restrict movement in such a way as to transfer your problems from your wrist to your shoulder.

AVOIDING CTS

- When working with your hands, keep your wrists straight. Flexing and twisting them stresses the carpal tunnel.
- Lift objects with your whole hand — or better yet, with both hands — to reduce stress on the wrist.
- Make sure your work station is comfortable. If you're working at a computer keyboard, make sure your fingers are lower than your wrists; don't rest the heels of your hands on the keyboard.
- Avoid working in the cold. If your hands are cold, that means blood flow to the wrist is reduced, which can promote CTS.
- Type with a soft touch — don't pound the keys.
- If your hands hurt while you're on the rowing machine, for instance, or while playing a racket sport, ease up. Pain is always a signal to stop. If you carry hand weights while running or exercising, make sure they aren't too heavy.
- Take breaks frequently when working with your hands. Working too rapidly may contribute to the problem. And try some simple wrist exercises while you're taking your break. ★

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Dead Faces

by Matthew Pitt

Matthew Pitt is a twenty-year-old Hampshire College student who is in his third year and at the Division II level of study. Pitt describes his academic concentration as a combination of creative writing, theater arts, Latino and urban politics, critiques of feminist and lesbian literature, and interactive stand-up comedy. Pitt edits the Hampshire College literary magazine *Boxspring* and is originally from St. Louis.

People, stop! Watch out at the very least. Before you snap that photo, look carefully, with the stubborn caution of doubt, at the image you are about to capture. Today's images, rendered on 3x5 prints, will become tomorrow's memories. Be sure, for your own blessed sake, be certain this will be a memory you could always accept facing. A landscape is a kosher choice, or better still, a blurry aperçu of a road sign taken while inside a moving vehicle. Be wary of photos of faces. Faces are juggernauts in their own right — immovable creatures, tugging you through the aisles of memory, pulling stockpiled boxes of regret from the shelves.

This particular photograph keeps me a bit drunk; or perhaps just prevents me from returning to sobriety. It intercepts the arc of my memory and a past i have chosen, by and large, to keep clouded from even my own mind. But why? What is it about the past, and photographs, that keeps me looking at but never inside them? That reeling feeling of holding your history to the light; something. Something; it should not have taken me so long to look back on so short a span of life.

In the winding down days of 1985, my lover and i stayed awake until three-thirty in the loft of her apartment, forgot to drink cup after cup of chamomile, occasionally made love but, more often than not, spoke of truly strange things: the revival of the '60s, the symbols on the back of a dollar bill, our most embarrassing kisses. When we spoke, i often paced the room, because at that point in my life, i still hated sleep. I was living in a city for the first time, and it felt absurd that my eyes should close while millions of others remained open.

We had been seeing each other since 1983, the end of the decade's lone recession, but it never crossed our minds that we were lovers until it dawned on us that all news, grand and minuscule alike, reached us on a tape-delay basis. We were oblivious to Beirut until we cleared a newspaper off a diner stool one evening; we would wake each morning and find that some icon of our generation had asphyxiated in their triangular pool the week before. Our friends charged us with "self-involvement." We knew better, and guessed differently, deciding that we were more in touch with world affairs than the world itself, which was, after all, always seeking out ways to love itself, but running instead into crime sprees and corrupt transactions and unfunny secrets. We were removed, but only out of choice and in full confidence of the ignescent roots of our passion.

Every so often, we would remove our high school yearbooks from a large hatbox, its lid weathered now with the displacements and replacements from the multiple laying-on of hands. We had both attended public schools with remarkably enormous enrollments, schools where you couldn't be referred to as just "Reed" (my first name) in a conversation; you had to be "Reed Baker"; the surname was as necessary in travel within circles of friends as social security numbers are to the recipients of public aid. Our schools were filled with large pools of boys and girls, all from wildly varying class and ethnic backgrounds: the bouliabaz made

for amusement now that we were anchored in adulthood. We could always count on the pages to provide new and unusual things to laugh or sigh about. I remember her astonishment at the brash, cocky slogans of our Young Republicans Club, and my unhidden amusement upon discovering a junior wearing a brand of designer shirt i'd thought they'd outlawed by then. Those moments were blissful, like falling asleep to your favorite song.

One night, during a brownout, we talked for a long time about the only notable difference between our two yearbooks: hers was

I'm just remembering how when i was little and i went through a mess of pictures of people, i used to call the pictures 'dead faces.'

filled — from cover to cover — with scrawlings and signatures and funny little couplets, while my pages were bare of this sort of only-gradually-forgettable graffiti.

"I can never read this one. I can never make this one out."

"What do you think it says?" she asked, brushing resealable plastic bags from the bedsheets.

"Getting on, without you, is tough. I rose to the baseball? Baseball? I rose to the baseball? Is this a sick sex thing?"

"It's *supposed* to be unreadable." She explained through speech and through laughter. "Sometimes we'd write gibberish, try to make it look like code, to drive our parents crazy when they'd sneak peeks at our books." She held the pillow close to her chest; i know, even though i didn't see her doing it. "We would only do it to our very best friends. The ones we knew we'd see all summer."

"So it was a sick sex thing," i cooed.

"Hey, look at this." I watched as she rustled through the pages.

"Look at what?" i asked, because she was pointing very generally at her pool of peers. "Which one?"

"Any of them. All of them. It doesn't matter. I was just thinking —"

"Yeah?"

"I'm just remembering how when i was little and i went through a mess of pictures of people, i used to call the pictures 'dead faces.'"

The phone rang and i got it, reluctantly. It was my friend Jill, and i wanted to talk to her because, well, i could always be enticed to want to talk to Jill. But just not then and now. I laughed and agreed the minimal amount of times it takes to get off the phone with someone. By the time i returned to bed, my partner was asleep. I removed my boxers and climbed in. It felt good to curl against her; to be two touching skins. "Do you remember what you were talking about?"

"No. When?"

I prodded. I usually wouldn't, but then i did. "Dead faces?"

"It's what i used to call pictures. Because i thought the camera sucked up the face when it took your picture. Sucked all the life out of it. I thought that was the price you had to pay if you wanted your picture taken."

"What?"

"I was real little, then." She turned on her side and she slept on her side so i knew it was too late to bring her back that night. I

leaned over and turned off the light, forgetting to shut the yearbook.

Seven months later, i felt as though the relationship was not going well, which is actually, i've learned, harder to cope with than the times when the relationship *really isn't* going well. Something about there being hope in agreement and sadness in guesswork.

I was inside a deli with Jill. Her sandwich looked better than mine, until i pictured

myself, whether i was making any sense or whether i was about to throw away most of what my life had become.

"Talk to me," she intoned.

She did most of the talking but then, that's what listeners sometimes do.

Jill's advice was not good, but it was a reflection of my own, subconsciously held in check, and that was what mattered on the day in spring i opted to walk away from the way i'd been being.

I trudged back to the apartment with my eyes staring downward, looking for low things to compare myself to. I was to be without her, and so went home to tell her so that she would know.

That night i found myself alone, freshly broken up, seeking out newspapers. I stopped at all the newsstands that were in conjunction with my meandering path, buying every picture magazine i could get my hands on, mainly those with the life images of celebrities.

continued on page 45

Best-Selling Books in the Valley

Fiction

1. *East West Stories*, by Salman Rushdie. (Random House, \$21)
2. *Paperboy*, by Pete Dexter. (Random House, \$23)
3. *In the Lake of the Woods*, by Tim O'Brien. (Random House, \$21.95)
4. *Eyes of a Child*, by James Patterson. (Random House, \$24)
5. *The Afterlife and Other Stories*, by John Updike. (Random House, \$24)
6. *One True Thing*, by Anna Quindlen. (Random House, \$22)
7. *Who Will Run the Frog Hospital?*, by Lorrie Moore. (Alfred A. Knopf, \$20)
8. *Open Secrets*, by Alice Munro. (Random House, \$23)
9. *From Time To Time*, by Jack Finney. (Simon and Schuster, \$23)
10. *Selling the Lite of Heaven*, by Susan Strempek Shea. (Pocket Books, \$20)

Nonfiction

1. *In These Girls, Hope is a Muscle*, by Madeleine Blais. (Atlantic Monthly Press, \$21)
2. *The Hot Zone*, by Richard Preston. (Random House, \$23)
3. *Long Walk to Freedom*, by Nelson Mandela. (Little Brown, \$24.95)
4. *Phenomenal Woman*, by Maya Angelou. (Random House, \$10)
5. *Unredeemed Captive*, by John Demos. (Random House, \$25)
6. *Hypersea*, by Mark and Diana McMenamin. (Columbia University Press, \$27.95)
7. *The Ransom of Russian Art*, by John McPhee. (Farrar, Strauss, and Giroux, \$20)
8. *Diary of a Fat Housewife*, by Rosemary Green. (Warner Books, \$21.95)
9. *An Intimate History of Humanity*, by Theodore Zeldin. (HarperCollins, \$25)
10. *I Want To Tell You*, by O.J. Simpson. (Little Brown, \$17.95)

Valentine's Day Selections

- A Natural History of Love*, by Diane Ackerman. (Random House, \$23)
Legends of the Fall, by Jim Harrison. (Doubleday, \$11.95)
Best American Erotica, by Susie Bright. (Simon and Schuster, \$11)
Virtual Love, by Avodah Offit. (Simon and Schuster, \$22)
Name of Love: Great Gay Love Poems, By Michael Lassell. (St. Martin's, \$10)
Valentine's Day selections courtesy of The Jeffery Amherst Bookshop, Amherst, and The Globe Bookshop, Northampton.

Best Sellers list courtesy of The Globe Bookshop, Northampton, The Odyssey Bookshop, South Hadley, The Jeffery Amherst Bookshop, Amherst, and the Broadside Bookshop.



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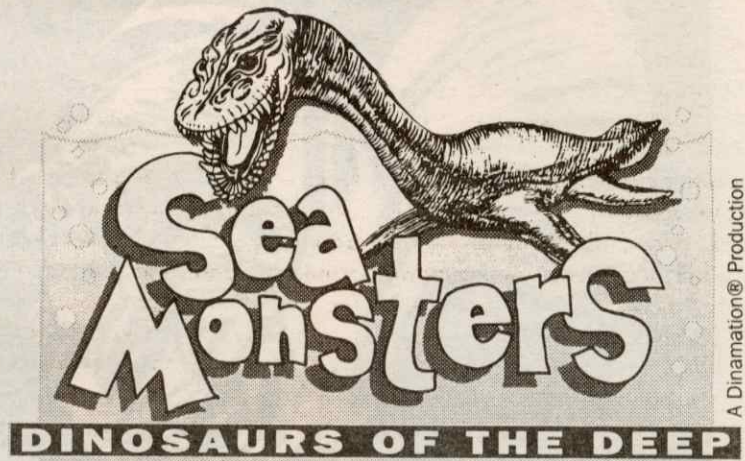
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10AM TO 11AM	FOOD FOR THOUGHT A PROGRAM FOR ANYONE WHO LOVES FOOD	GAR CASE CORNER (UNTIL 10:45) PRESIDENT CLINTON (UNTIL 11)	CHURCH (10-11)
11AM TO NOON	LEE MIRABAL LIFESTYLES & RELATIONSHIPS	S	POLKA
NOON TO 1PM	INFORMATION HOUR LIFESTYLE FEATURES PLUS HEAVY LOCAL NEWS	P O R T	SHOW (11-1)
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3PM TO 6PM	DAVID BRENNER SHOW COMEDY, TALK, ENTERTAINING GUESTS	G R A M M	O R T
6PM TO 7PM	NEWS & SPECIAL PROGRAMMING	I N G	S
7PM TO 10PM	LIVE SPORTS OR TALK SHOW	T A	ON LINE TONIGHT (8-10)
10PM TO 2AM	BRUCE WILLIAMS	L K	TALK
2AM TO 5AM	COAST TO COAST WITH ART BELL	N E T	NET

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WENDY REISER

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NORTHAMPTON CENTER FOR THE ARTS
P R E S E N T S

SCHEDULE OF EVENTS

**Feb. 5, Exhibit Opening;
"Metamorphosis of our
Ancestors"**

sculpture, paintings and fine wood working by Dorance Hill, Richard Yarde, Richard Hardy, Nelson Stevens, Shirley Whitaker and Aquila McCants. Opening Reception, Feb. 5, Sunday 3:00 to 5:00 p.m. Exhibit runs Feb. 5 to March 5. Music by Tom McClung, Sara Lazare & Hiroko Tsuboi.

**Feb. 11, Rick Scott Gordon's Jazz Theater Presents
"Stolen Moments - Scenes from a love affair"**

Music provided by the Herman Hampton / Charles Langford Quartet, LeRoy Blair and Natasha Springer on vocals. Featuring Zakiah Barksdale as Nina. Feb. 11th (afternoon show) 2:00 p.m.

Feb. 11, Oye Productions / Danse Afrique - "A Special Evening"
Featuring Kari Njiri, Rehema Hiza and Norman Hiza, Pan-African cuisine, music and dancing. 9:00 p.m. - 2:00 a.m.

Feb. 12, Oriki Collaborative Concert
A presentation of original and traditional West African and South African music by performers Wes Brown, Kalpana Devi, Fenibo Kalaiwo & Bheki Khosa. 3:00 pm.

Feb. 17, Afro - Latin Folklorico
Three Groups: *La Plena*, led by Freddy Moreno; *West African Rhythms*, led by Tony Vacca; and *Tambor Y Guiro*, led by Joseph Platz. Chart the traditions of West African music as it drifted across the Atlantic during the slave trade to take root in Puerto Rico, Cuba and the Caribbean. 8 p.m. FREE

Feb. 18, Hooked on Swing Society

A Tribute to African-American Swing artists with Jukebox Johnny 8 p.m.

Feb. 21, Guest Chef Dinner at La Veracruzana Mexican Restaurant, with the music of Jose Gonzallas and friends. 8 p.m. \$20

EXHIBIT OPENING: For the Month of February artist **Greg Stone** will show his collection of paintings of Black, Latin and Native American Baseball Players at La Veracruzana

**Feb. 23-26, Chrysalis Theatre will present
"Dancing With Chaos"**

by Andrea Hairston. This political murder mystery with music by Tony Vacca and Pan Moreland explores the challenge of creating community in a polarized America. A poly-cultural feast of Blues, Opera, Rap, R & B and Beethoven! (All Shows 8 pm. except Feb. 25 which is an afternoon performance)

Feb. 28, Readers and Writers Live - Gail Burton and Diane Beckett perform a dramatic reading of "Muses,"
a romantic tale of a contemporary African-American lesbian couple, evoking the power of African cultural traditions. 7:00 pm. FREE

Feb. 28, Buddy Guy Concert at J.M. Greene Hall, Smith College
Buddy's blisteringly intense singing and guitar playing have characterized the 'West Side School' of Chicago Blues. J.M. Greene Hall, Smith College 8p.m. \$20

For more information on all the programs during "Black History Month 1995", Please call: **The Northampton Center for the Arts** at (413).584.7327 or 586.7282

"BLACK HISTORY MONTH 1995" IS SPONSORED IN PART BY THE MASSACHUSETTS CULTURAL COUNCIL, SMITH COLLEGE, FIVE COLLEGE INC., UNIVERSITY OF MASSACHUSETTS, AMHERST COLLEGE, HAMPSHIRE COLLEGE, MASSACHUSETTS ARTS LOTTERY PROGRAM AS ADMINISTERED BY THE NORTHAMPTON ARTS COUNCIL, YES COMPUTERS, BREAD & CIRCUS, LA VERACRUZANA REST., SPOLETO REST., GREEN STREET CAFE, FRESH PASTA COMPANY, THE BLACK SHEEP CAFE, AMBER WAVES, CORNICOPIA FOODS, THE GLOBE BOOKSHOP, CROCODILE SOUND, THE OPTIMIST NEWSPAPERS, WHMP, WPVQ AND THE COMMITTEE FOR NORTHAMPTON.

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CURRENT PROJECTIONS

continued from page 20

— nope. Lambert might just as well have finished running a sack race. On a clarity note, the PG-13 rating ensures that every dramatic decapitation takes place discreetly off-screen. So discreetly that I had no idea Van Peebles had been killed until Lambert started absorbing his vanquished essence. That's one of the top ten earmarks of a bad movie, I believe — confusion during decapitations. *Highlander* has that in spades.

As *The Final Dimension* piles on its straight-faced absurdities (example: returning to an apartment he hasn't been in for eight years, Lambert immediately opens the refrigerator for a fresh drink), you know you're watching a piece of instant history. Sure, you've seen some lousy movies in past days. But this is a new breed, friend. The traditional bad movie had lost its sting — it just didn't draw the same psychic blood anymore. *The Final Dimension* is designed to gut you like a fish. But at least they pulled out all the stops (this is a movie that slingshots all the way from ancient China, to the French revolution, to modern day New York). After all, the ads promise, "This time it's for eternity!"

Boy, is it ever. ★

COMMUNITY AND COMMERCE

continued from page 14

ally given up, however productive they may be. Before the grants, sacrifice was a way of life for Memorial Hall Museum. "We wouldn't have been able to do this in 1995 without the grants," Neumann said. ★

LITERARY OPTIMIST

continued from page 40

ties plastered to their pages. I knew i *must* be in the world again if i was attempting to be so. Jill let me in through the back door at eight in the morning, without questions. Sleep, for once, fell naturally.

Nothing comes as no surprise; and so, this memory. It is years later. My one child lives with the woman i tried to marry, but could only in deed. I have suffered through anxieties, through the death of my father, the arson of my home, and through many, many joys.

Something about my old lover's photograph, the lone one still remaining from after the burning down, keeps me reeling from time to time. The way it looks, or the way i like to think it looks. And now i find myself wishing she would knock, sometime. I would like very much to show her how i sleep. I need to pore over the pictures with her, comparing my insights and regrets with the only other person who could empathize.

Because as it stands now, there are snapshots of our faces — touching; talking; eating; sleeping; posing — i can't reconcile the happiness in those images from the awful, curdled expiration that hit our relationship head-on.

I want very much to know which images i can claim as entirely actual, facts of a former life, and which ones are simply moments of exaggerated fancy, endlessly scattering inside me, inside of a mind always engaged in an expedition to prove that hope will, someday, yield its crop of peaceful rests. ★

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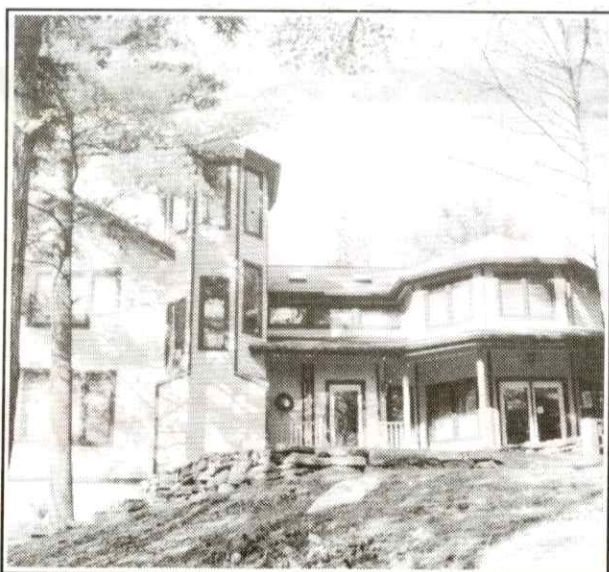
Saturday February 11 from 11am-noon

Call for reservations

1 East Pleasant Street, Amherst
(in front of the carriage shops)
549-7122 Open 7 Days 7:30 AM•11PM



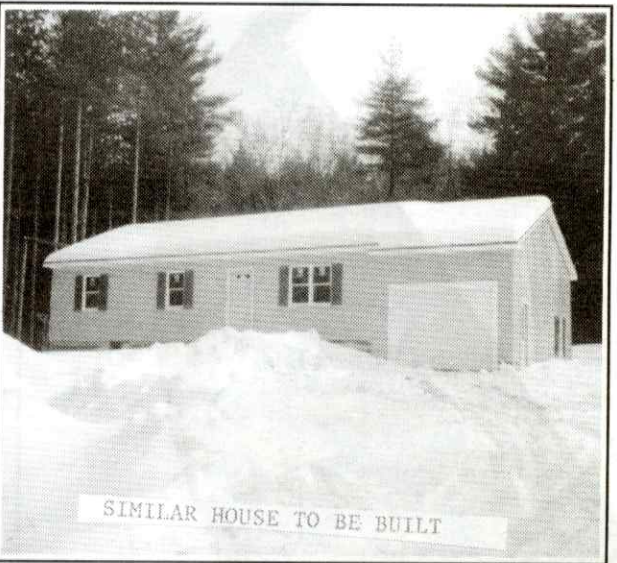
Amherst Special House! Special setting! Quality throughout--cherry cabinets, Jenn-air, built-in oven, trash compactor, center island and that's just the kitchen. Call about the other rooms.



PELHAM Custom built & architect designed, unique home situated on 1.8 private, country acres. Minutes to Amherst center & UMass. 3-zone oil heat w/ 2-zone AC. Approx. 5000 sq. ft. of living space. State-of-the-art alarm system. Many more details, too numerous to mention. **\$449,000 (A277)**



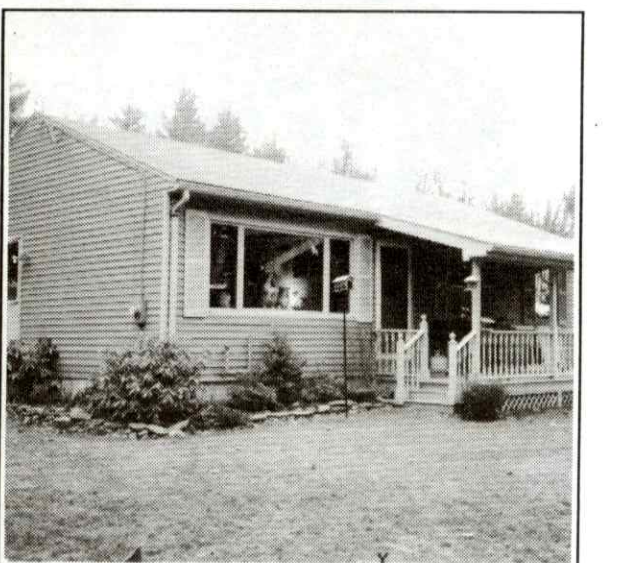
SUNDERLAND Sparkles with sun!! Yard perfect for gardening and/or a pool, if you want. Absolutely move-in condition. 3 bedroom, 2 bath Cape with some wood floors and a fireplace. Move in and enjoy life. **\$169,900 (A818)**



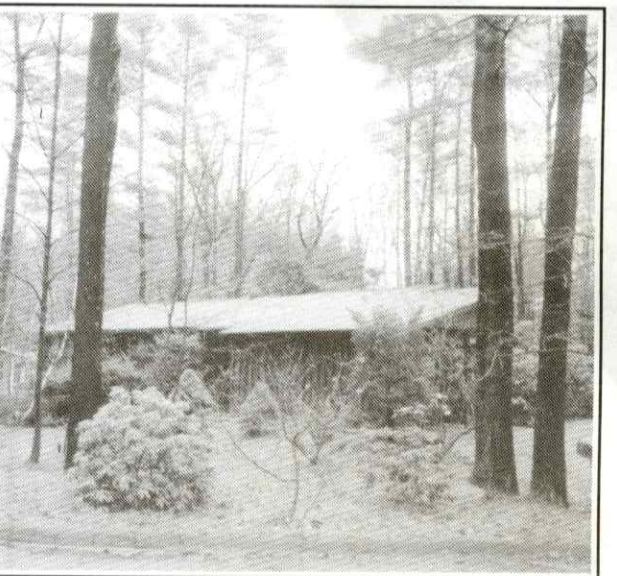
WHATELY Own your own piece of WHATELY. There is still time to pick your colors for this 3 bedroom, economical to own ranch. Gas heat. Easy access to I-91. **\$136,000 (A816)**



BELCHERTOWN Large Country Cape! 4 bedrooms, dining room, large 2-car garage. The private backyard features fruit trees, and grape arbor. Great family home. Just Reduced!! **Was \$134,900 NOW \$127,900 (A591)**



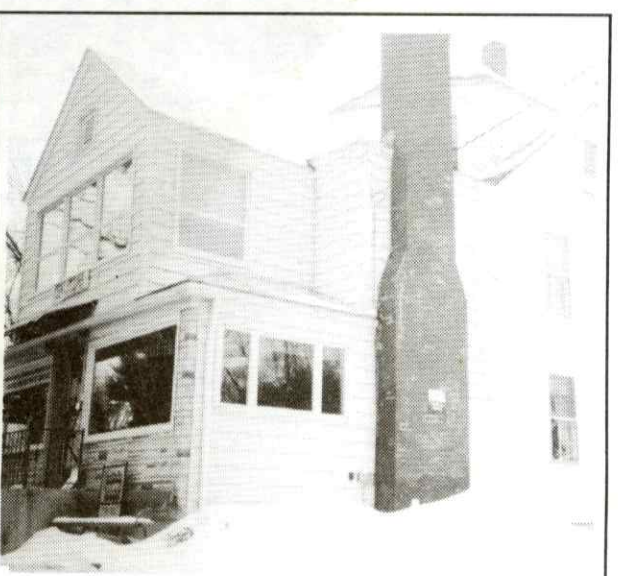
SHUTESBURY Absolutely the nature lover's dream! 7.86 acres, small brook and dipping pond, perennial beds and fruit trees. Front porch to sit and rock on! And the coziest home to nestle in. **\$123,500 (A825)**



Amherst Cul-de-sac location. Indeed for small children--large playfield nearby. Fort River School. Sound interesting? Then add 3 bedrooms, 1 1/2 baths, wooded and open yard, large family room plus living room & a great deck. Walk to bus. **\$115,000 (A145)**



AMHERST Never worry about the traffic or noise again! Live in this comfortable, quiet, and sunny 4 bedroom, 2 1/2 bath Contemporary on a quiet cul-de-sac in a terrific family neighborhood near the University. **\$165,000 (A830)**



MONTAGUE Meditation Tower Home!! And below that a beautifully maintained, 4 bedroom, 1 1/2 bath home with numerous renovations. Vinyl sided exterior, rental income from Post Office. Additional building lot. Excellent value situated at the end of the road. **\$94,900 (A377)**



Kit Aldrich GRI, CRS.....467-3679
 Claudette Boudreau, GRI.....548-9414
 Sherry Coale, GRI.....323-9505
 Lisa Neffinger Davis, GRI.....323-5294
 Betsy Egan, GRI, CRS.....549-3646
 Robert Glassman.....256-6442
 Andrew Jones.....549-3700
 D.H. Jones.....549-3700
 Gerald L. Jones, GRI, CRB.....549-3700
 Keith O. Kaneta, GRI, CRS, CRB.....549-1579
 Carolyn LaFlamme, GRI.....586-6441
 Cathy Machon (Greenfield Branch Manager).....665-3306

Reggie Maxon.....665-4847
 Larry Miller, GRI.....253-9616
 Marilyn Patton, GRI.....967-6590
 Smitty Platt.....665-7492
 Justine Rosewarne.....863-8373
 Joan Rosner, GRI.....536-5669
 Linda Rotti, GRI, CRS (Branch Manager).....323-6854
 Marge Roy, GRI.....256-8009
 Beth Russell, GRI, CRS.....549-7288
 Chauncy Simmons, Farm Spec.....586-0575
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